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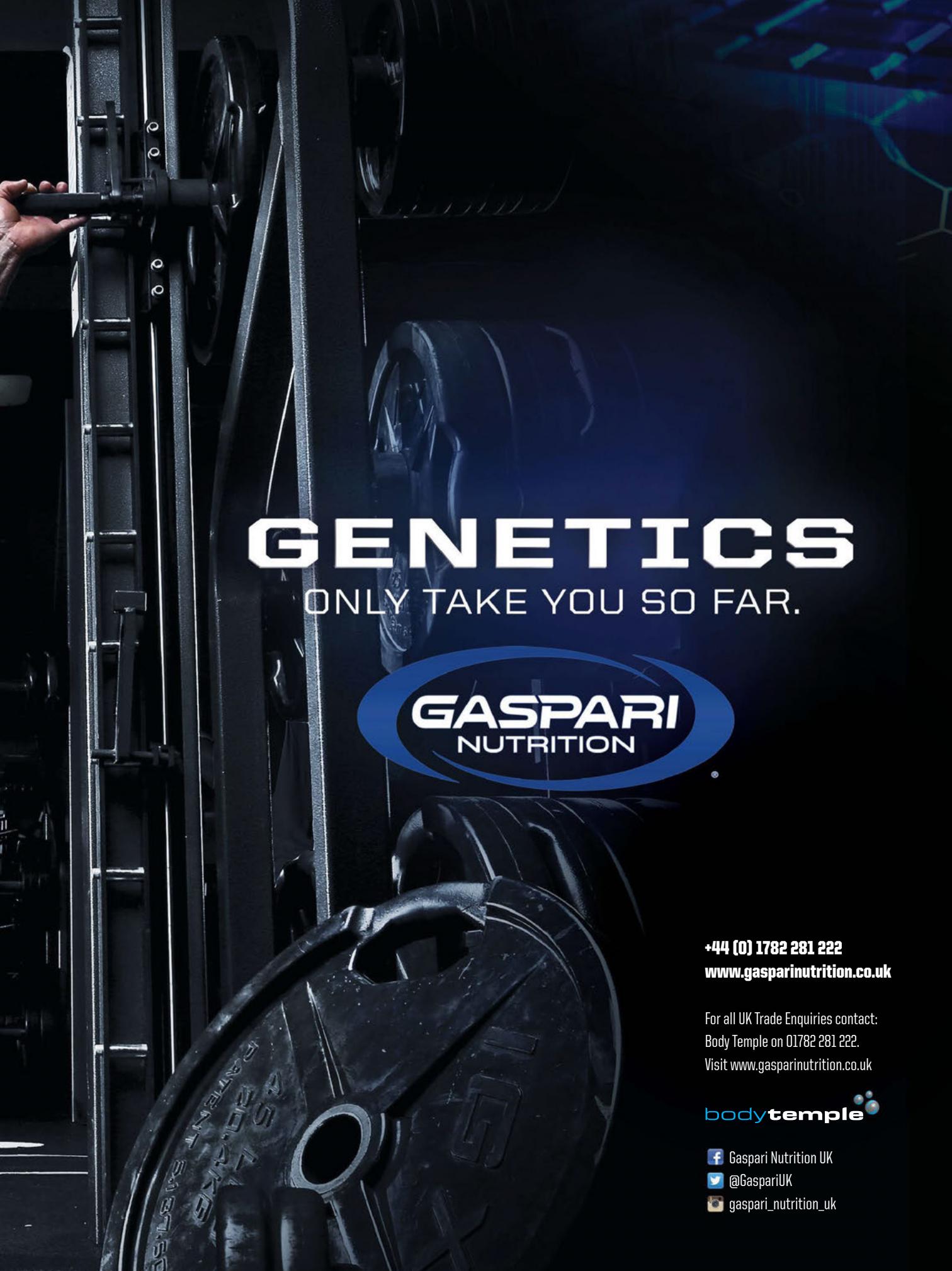
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DED  
ICA  
TED**

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SOON**

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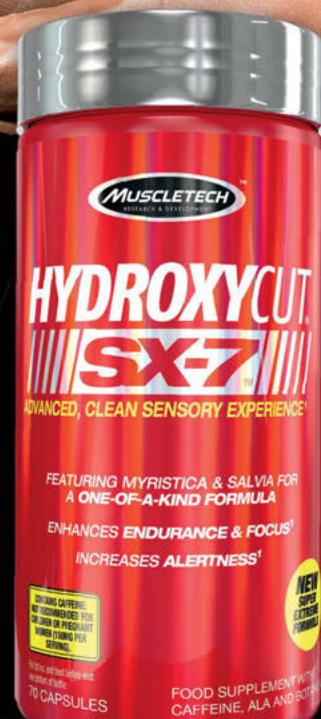


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# WILL THE BRITS RULE AT BODYPOWER?

PRO BODYBUILDING RETURNS TO THE NEC IN BIRMINGHAM IN MAY



(From left) Shaun Joseph-Tavernier, Sami Al Haddad and Mark Dugdale last year at BodyPower

GARY PHILLIPS

Since the turn of the century, there have been only eight IFBB pro contests in Britain.

They don't come around very often so the BodyPower Pro in Birmingham on May 16 is a rare opportunity to see some of the world's finest physiques in contest condition.

Last year was the first time BodyPower hosted a pro competition. Fans at the sell-out night show saw Bahrain's Sami Al Haddad, Hungarian Zsuzsanna Toldi and American Harold Kelley crowned champions in the 212, figure and wheelchair categories.

It was great to see athletes from

so many nations at the NEC, in contrast to many US pro shows, which are dominated by US athletes. The 212 included 14 men from 10 countries; figure featured 14 women from 11 nations and the wheelchair class had two Americans and a Brit.

It was a cracking event and the only slight disappointment was that there weren't any British winners. British pro show champions have been even more rare than British pro shows this century, with only Flex Lewis, Shaun Joseph-Tavernier, Kizzy Vaines and Michelle Brannan having experienced first place.

Last year at BodyPower, Joseph-Tavernier was a hard-charging second in the 212s and Louise Rogers an impressive third in figure. Joseph-Tavernier is a threat to anyone and Rogers has the most complete female physique in Britain. I have a feeling one of these two might just get a gold medal this year and book a trip to the Olympia.

The three-day BodyPower expo is much more than a pro show. But for bodybuilding fans, this Battle of Britain is the highlight of the weekend. Let's hope for another night to remember—and a British winner. **FLEX**



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# WHEN 200 POUNDS IS NOT ENOUGH

## One day about 25 years ago

Bertil Fox called me and said, "If you want to see something really hardcore, bring your cameras over to Joe Gold's new World Gym at 6 o'clock tonight. I'm training my chest!" This was the first time Bertil had invited me to a real hardcore workout (as he always called it), and I accepted his invitation without another word. In fact, I arrived at the gym at 5pm just to be on the safe side, and immediately set up my cameras. At about ten minutes past six, Bertil wandered into the gym complaining about the traffic. "You know what?" he said. "The traffic here is worse than it is back in London!" Well, I certainly had to agree with him about that; people living in Southern California had to plan their entire life around those freeways. But getting back to Bertil—I had seen him work out many times, and every time I was astonished as I watched him use all his raw, rugged muscular power to lift those incredible poundages.

This time, Bertil started out with wide-grip bench presses, working up to an incredible descending set at the end. He then moved on to incline barbell presses followed by parallel dips—one of his favourite upper body exercises. Finally, he did five sets of flat dumbbell flies.

"Right, mate," he declared, "I'm gonna do a bit of incline dumbbell pressing now, and you're gonna see something that none of those other geezers have ever done." I decided

to climb as high as I could on the ladder so that I could shoot downwards, which is the best way to photograph this exercise, in my opinion. Foxy did one set to total failure with a pair of 140-pounders. "Just to warm up," he said casually. Then he did another extremely hard set to failure with two 160-pounders. These reps were performed fast, like pistons, with no locking-out. Still breathing hard when he had completed the last rep, he glanced over to the dumbbell rack and set eyes on two new-looking 180-pound dumbbells. Then he looked at me and announced: "They're why I asked you to come over. Bet you've never seen anyone else incline press them for reps!"

"Absolutely not!" I replied. "Well," he said, "you'd better get into position then, because these two beauties are going up in the air!" And for the next few minutes I watched in awe as Bertil Fox, one of the strongest bodybuilders of his generation, repped out with the unthinkable—two 180-pound dumbbells.

Fifteen years later, I was photographing out of Club Met-Rx in Costa Mesa, California, and the dumbbells there only went up to 140 pounds. After all, there were no budding Bertils training in that gym at that particular time. And as the years went by, I began to see a new, bigger and stronger generation of young bodybuilders who made these 140-pounders look

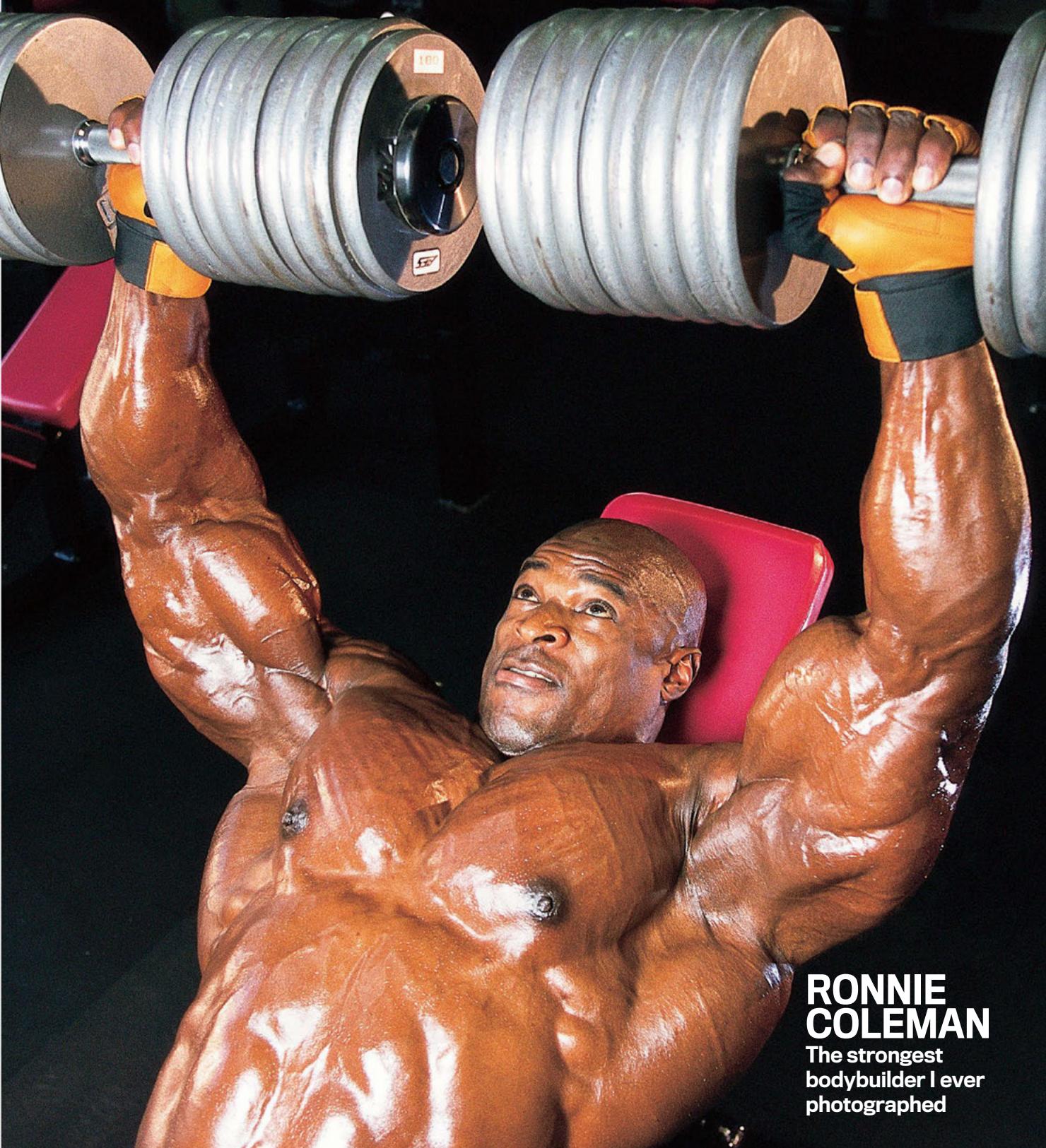
out of place, as far as I was concerned. In other words, they had outlived their usefulness when it came to great action pictures. They just looked too damn small, because some of these massive and incredibly built bodybuilders weighed between 250 and 300 pounds.

I turned to my good friend, ex Mr Universe Boyer Coe, for help. "So tell me what you want," he replied. "I have a friend over at Ivanka who will make them for you, and I think I can get whatever you need." I thought for a moment. "Get me some 160s and 180s," I said. Then I thought again. "And see if you can get a pair of 200-pounders made while you're at it. Who knows? There's got to be somebody out there who can lift them." Famous last words indeed, because during the next 15 years a whole army of bodybuilders, led by 8-time Mr Olympia Ronnie Coleman (the strongest bodybuilder I ever met), took part in photo shoots using these two 200-pounders—powerhouse physique men including Jean-Pierre Fux, Jay Cutler, Greg Kovacs, Ian Harrison, Chris Cormier, Kevin Levrone, Dorian Yates and Johnnie Jackson.

Even Flex Wheeler, who always tried to get through a photo shoot by doing as little as he possibly could, tried them out. Of course I had to goad him into doing it. "You know, Flex, when I first saw you and Chris Cormier training years ago at Gold's Gym, you were just as strong as he was. In fact you were one of the strongest guys in the gym." Without further ado, Flex lay back on the incline bench and repped out easily with them. "You see, Flex," I said, "I knew deep down that you had the strength to do that. You're just a natural powerhouse."

"That might be so," he replied.





## RONNIE COLEMAN

**The strongest bodybuilder I ever photographed**

"But I never intend to do it again!"

These 200-pound dumbbells were usually used for incline presses, shrugs and one-arm bentover rows, and they really made the shot come alive. But once I was shooting big Ronnie Coleman doing one-arm

dumbbell rows using just one of them and it didn't look right because he was doing them so easily. "Hey, Ronnie," I said, "you're making it look effortless and it just doesn't look right." Ronnie dropped the dumbbell on the floor and yelled back, "That's

because it is too light. I usually use a 300-pounder back at the gym in Texas."

Oh well, maybe 200 pounds is no longer enough!

Keep training.

**CHRIS LUND FLEX**

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# 1ST SET

Get big-ass shoulders, courtesy of **Mr O Phil Heath.**

The problem: lagging hams and quads.

The solution: **Jay Cutler's** routine.

Where are the gains? You might be lacking patience, says

**Flex Lewis.**

Sculpt abs like one of the most aesthetic pros of all time—

**Bob Paris.**

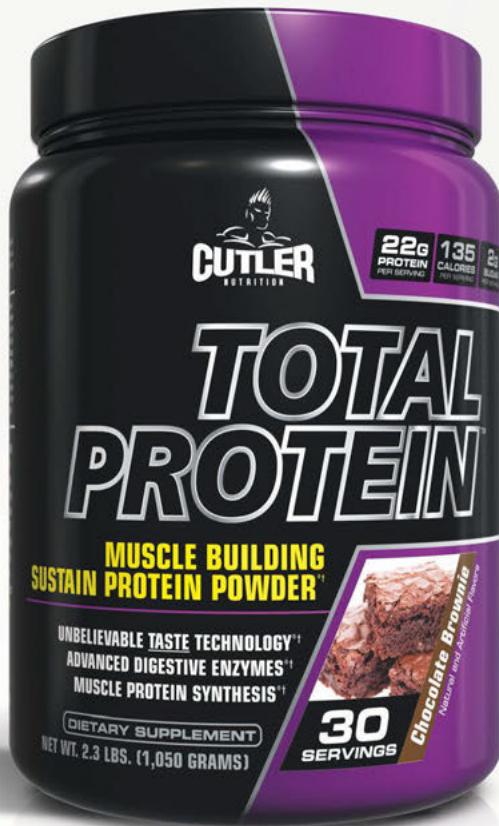
Anth “the Freak” Bailes on off-season training.



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# PRESSING BUSINESS

## MIX IT UP TO BUILD BOULDER SHOULDERS



I'm looking for a new strategy to attack my shoulders—any tips for me?

**When I'm doing shoulders,** I like to mix it up. There are a lot of options, including dumbbell presses, barbell shoulder presses, and Smith machine overhead presses. It's important to hit the shoulders in different ways and work different angles. Little differences and unique exercises can have a big impact.

For example, you can do a hammer strength shoulder press forwards and backwards. Turning it around can make it into a different exercise. Plus, in terms of time, I like to hit as many exercises as possible in each spot. Why not do everything you can while you're there?

After doing four sets facing forwards, with your back against the seat back, turn around and do four more sets facing backwards, with your chest against the seat back. Start with your range of motion from ear level at the low point to just short of lockout at the high point. You've got to focus on the shoulders, and if you feel other muscles being worked, then you can shorten the range of movement to bring them back out of it.

### HEATH'S SHOULDER BLAST ROUTINE

EXERCISE	SETS	REPS
Dumbbell Lateral Raise	4	12
Dumbbell Front Raise	4	12
Hammer Strength Shoulder Press (forwards)	6	10
Hammer Strength Shoulder Press (backwards)	3	10
Hammer Strength Lying Rear Lateral	4	12

# JANET LAYUG

SMART, SEXY AND SWEET, THE 2014 BIKINI OLYMPIA RUNNER-UP IS THE TOTAL PACKAGE

**1** The Terminator is my favourite Arnold Schwarzenegger movie.

**2** A weak spot has been my glutes. To bring them up, I started training them up to three times per week.

**3** Growing up, you'd find me outside swimming, running, and taking care of animals on our seven-acre farm—not indoors playing with dolls.

**4** The 2013 Olympia Weekend was extra special because I won the FLEX Bikini Model Search Championships.

**5** I might appear "high maintenance and girly", but when I take my heels off it's a different story.

**6** Dodgeball and kickball are two of my recreational activities.

**7** When a competitor talks smack backstage, I ignore it. My eyes are on the prize.

**8** I made an appearance in the film *Blended* with Adam Sandler and Drew Barrymore.

**9** My Hollywood stage name would be Janet. No last name, Madonna-style.

**10** Tattoos are sexy, but I don't and never will have any.

**11** Along with being an IFBB Bikini Pro, I'm a wife and a mum with a degree in nursing.

**12** I like shooting with rifles and take target practice with my bow.

"WINNING THE BIKINI OLYMPIA WOULD ALLOW ME TO ACHIEVE MY GOAL TO **INSPIRE WOMEN** WHO ASPIRE TO BE FIT."





# A LEG UP

EXPECT EXPLOSIVE RESULTS FROM THIS DYNAMITE ROUTINE

**Q** I'm desperately searching for new ways to reignite growth in my quads and hams. How can I make it happen?

**To achieve maximum** results from my leg workouts, I always made sure to hit them from different angles and positions from week to week. And while I know some guys prefer to do legs twice a week, I always trained them once every five days.

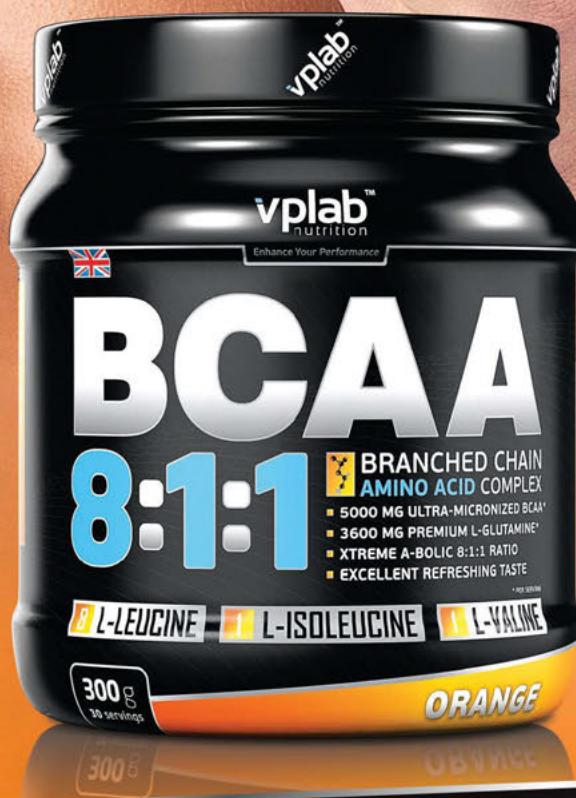
During the years in which my legs were at their peak I would do a split routine—hamstrings in the mornings, quads in the evening. Every other week I would alternate front squats with back squats, keeping the rep range around 12 for each exercise. Blood volume is crucial. So I'd hit set after set to really push the blood into the muscle for a maximum pump.

## CUTLER'S "GROW 'EM & SHOW 'EM" ROUTINE

EXERCISE	SETS	REPS
Leg Extension (warm-up)	2	12
Leg Press	3	12
Hack Squat	3	12
Rear or Front Squat	3	12
Lunge (barbell or dumbbells)	3	12
Single-leg Leg Press	3	12

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# REST TO GAIN

DIET AND RECOVERY ARE KEYS TO BIG-TIME GROWTH

**Q** I've been killing it in the gym, but the gains are virtually nonexistent. What am I doing wrong?

**Sometimes we push** our muscles so hard that we don't give our bodies the necessary downtime to repair and regrow. Competitors do it, too. Guys will prep for a show by hitting the same body part over and over without giving the muscle a chance to fully rebound. So the "push the weights up, push the weights up, push the weights up" method isn't always the solution.

Strength will come in time. The younger guys are hungry and want to build it all at once, but it really does take time—years, not weeks or months—for the muscles to come out fully and their details to mature.

There is no one solution, but a clean diet, training, and rest are all essential. Combine those elements with training smarter and in time you'll be pushing past plateaus without overtraining.

**"THE YOUNGER GUYS WANT TO BUILD STRENGTH ALL AT ONCE, BUT IT REALLY DOES TAKE TIME."**



PER BERNAL



# I want more growth

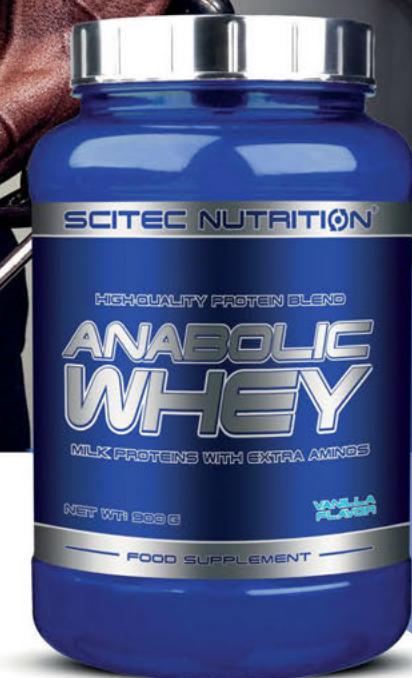
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OF PARIS' 32 PRO CONTESTS, 21 OF THEM OCCURRED OVER AN EXHAUSTING 18 MONTHS, FROM THE SPRING OF 1988 TO THE AUTUMN OF 1989.

# BOB PARIS

THE 1983 IFBB WORLD CHAMPION SCULPTED BODYBUILDING'S MOST AESTHETIC PHYSIQUE

In 2006, when **FLEX** ranked the 20 most aesthetic physiques of all time, Bob Paris was No. 1. In the '80s, he represented the apotheosis of classical lines and perfect proportions. What made him truly unique was the fact that, at 6 feet and 230 pounds, he was much heavier than a typical shape-first bodybuilder. He carried enough mass to defeat the world's largest amateurs when he won the 1983 IFBB World Championships at only 23. Equally auspicious was his IFBB Pro League debut—seventh in the 1984 Mr. Olympia. Between 1984 and 1992, Paris competed in 32 pro contests. He never placed higher than third, but he was third nine times.

When he made his Olympia debut 31 years ago at only 24, many heralded him as a future O winner. It wasn't to be. Paris' flawless shape almost always kept him in the running, even as his refusal to push striations and size into the "freaky" zone prevented him from securing a pro title. Like a sculptor at work, he added muscle and revealed cuts strategically.

Today, Paris lives with his husband on a Canadian island, working as a writer and lecturer. He is still celebrated for his steadfast commitment to physique aesthetics.

## PARIS ON AB TRAINING

"There's a common misconception that you can't overtrain your abs. I disagree."

"On the other hand, doing sets of six or eight reps for ab training isn't practical because of the anatomy involved. My goal is to feel each and every one of my reps. For that, 15 to 25 reps work best."

"Don't try to beat your abdominals into submission with 100-rep sets. As with all your muscles, feeling the contraction is most important."

"My ab-training approach is relatively simple. There are only a couple of basic functions you need to address to develop the area, and everything spins off from there."

### PARIS' AB ROUTINE

EXERCISE	SETS	REPS
Decline Crunch	3	20-25
Hanging or Seated Knee Raise	3	20-25
Twisting Crunch	3	20-25

# MASS ATTACK

## Q DESCRIBE YOUR OFF-SEASON TRAINING

**At this stage of my career,** with over 20 years of training under my belt, I have kind of worked out what

works for my body and what doesn't so I don't make any major changes to my off-season approach.

I like to keep things simple and basic so I don't do any of the fancy stuff a lot of guys get carried away with these days.



Having said that, I'm always looking to learn so I do make some tweaks. Last winter I added a few more high rep workouts to my plan, mainly to improve the health of my joints. I also added more stretching and posing. I have to admit I have been slack in these areas in previous off-seasons.

I also added more variety to my food. I experienced some stomach problems in the run-up to my two pro contests in 2014 and after speaking to various nutrition experts I realised I needed more than chicken, rice and potato in my diet. So I have been rotating my foods more, using different protein and carb sources, and adding more healthy fats.

## BAILES' OFF-SEASON PROGRAMME

**MONDAY:** Chest and biceps

**TUESDAY:** Rest

**WEDNESDAY:** Quadriceps and hamstrings

**THURSDAY:** Rest

**FRIDAY:** Shoulders, traps and triceps

**SATURDAY:** Abs and calves

**SUNDAY:** Back

## FREAK TWEETS

Leg day. Get your ass under the bar and squat till you drop #squattilyoudrop

Whoever invented the Stairmaster Stepmill deserves a medal!... and setting on fire at the same time! #loveit #hateit

Never underestimate the importance of a strong core!



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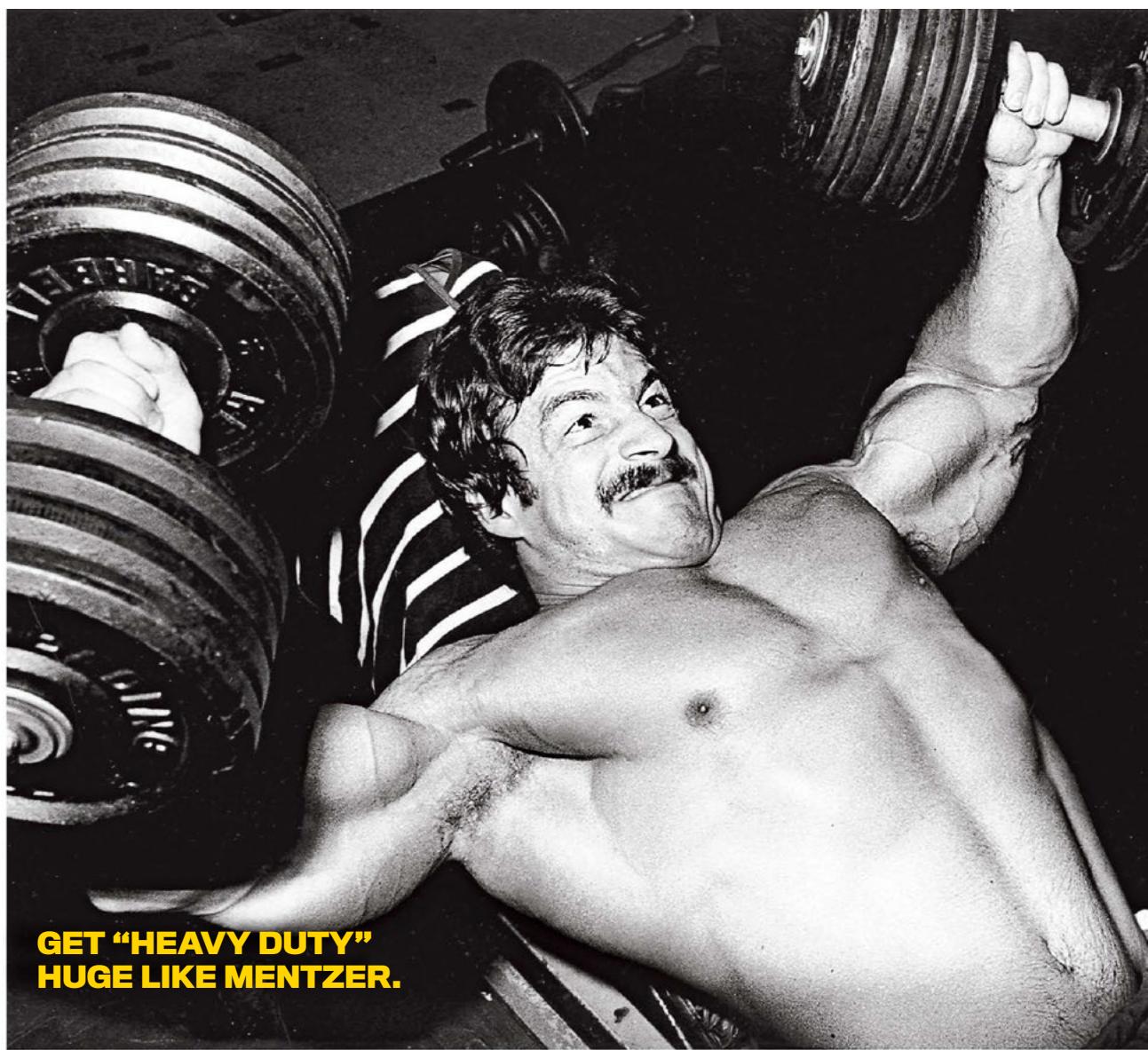
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† caffeine contributes to increased alertness and improved concentration.

## TRAINING TIPS TO POWER UP YOUR WORKOUTS



**GET "HEAVY DUTY"  
HUGE LIKE MENTZER.**

CHRIS LUND

In search of  
continuous gains?  
Become a "combi".

Wavering over short or  
long breaks between sets?  
Give it a rest.

Build massive bi's without  
suffering from painful  
forearm splints.

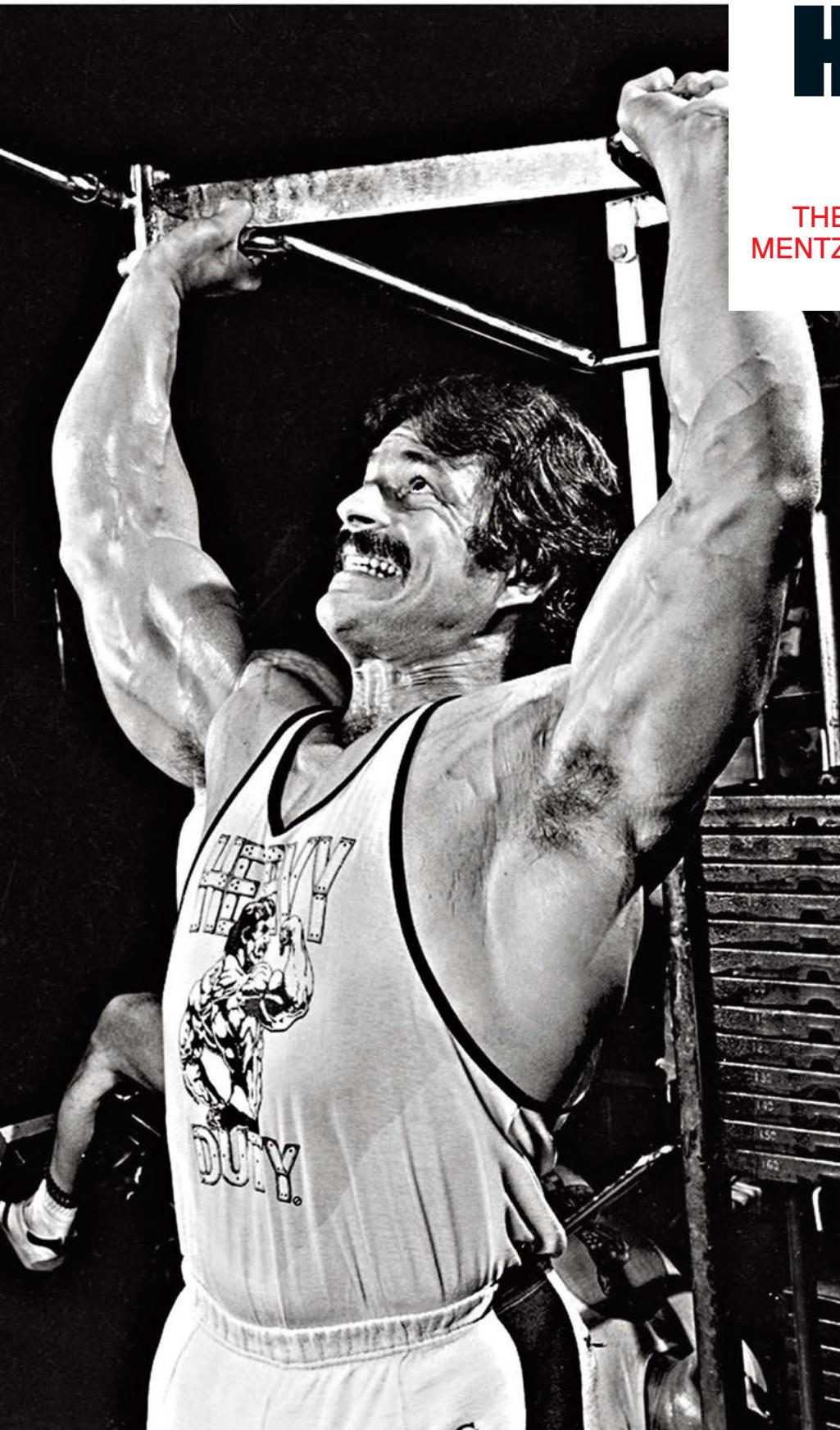
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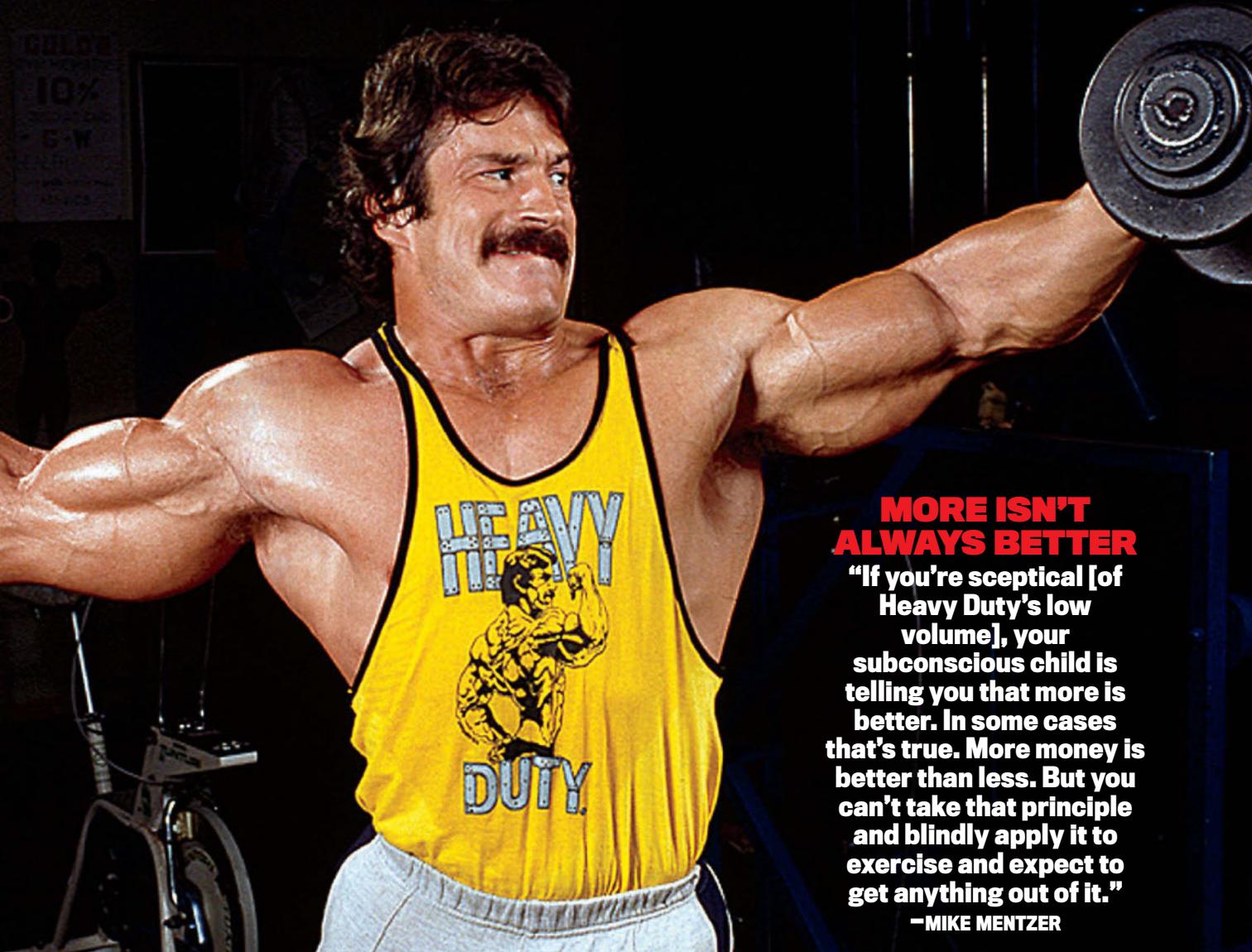
# HEAVY DUTY

## THE PRINCIPLES OF MIKE MENTZER'S HIGH-INTENSITY WORKOUT SYSTEM

**It was going** to be a revolution. For the year between the 1979 and 1980 Mr Olympias, as high-intensity training rode the crest of a wave with its foremost adherent, Mike Mentzer, it seemed on the verge of transforming bodybuilding. Mentzer adopted the HIT philosophy of Arthur Jones and expanded it into his own radical system, named Heavy Duty. Reps got lower, weights got larger. In the second of a three-part HIT series, we examine the rapid rise, faster fall, and enduring impact of Heavy Duty.

### BEYOND FAILURE

Last month we recounted how 19-year-old Casey Viator won the 1971 Mr America after training HIT-style under Arthur Jones' tutelage. Viator's victory eclipsed the fact that a second 19-year-old, Mike Mentzer, was 10th in that same contest. The new Mr A introduced his fellow teen to Jones. Soon after, Mentzer began consulting with HIT's creator and revamping his training. When Mentzer won the 1976 Mr America, he was celebrated as much for his philosophy as for his physique. He wrote articles for *Muscle Builder/Power* (the forerunner of *FLEX*), many of which covered specific techniques for intensifying workouts.



## MORE ISN'T ALWAYS BETTER

**"If you're sceptical [of Heavy Duty's low volume], your subconscious child is telling you that more is better. In some cases that's true. More money is better than less. But you can't take that principle and blindly apply it to exercise and expect to get anything out of it."**

—MIKE MENTZER

He advocated a heavier form of HIT. Whereas Jones prescribed one 20-rep set per exercise, Mentzer lowered the ideal rep range to six to nine: choose a weight so heavy that you reach absolute failure at six to nine reps, then keep going. Failure wasn't enough for Mentzer's Heavy Duty system. It went beyond. The three techniques Heavy Duty prescribed most were forced reps, negative reps, and rest-pause. Mentzer trained with at least one partner (frequently his younger brother, Ray, 1979 Mr America winner), who spotted him and assisted when he reached failure. The partner removed just enough stress for two or three

forced reps. He helped raise the weight so it could be lowered as slowly as possible. Or he spotted while Mr Heavy Duty paused between reps, grinding out a few "singles" in a manner known as rest-pause.

## COMET-LIKE CAREER

As a 27-year-old IFBB Pro League rookie in 1979 noted especially for his delt, arm, and leg density, Mentzer was a phenomenon. Capping off the year by winning the heavyweight division of the

## HEAVY DUTY BACK WORKOUT

EXERCISE	WARMUPS	SETS	REPS
Machine Pullover* Superset with Underhand Close-grip Pulldown	1-2	2	6-9**
Barbell Row	1-2	2	6-9**

\* Straight-arm pulldowns or dumbbell pullovers can be substituted.  
\*\* Push all sets to failure. Then continue with forced reps, negatives, and/or rest-pause reps.

Mr Olympia (but not the overall), he emerged as bodybuilding's heir apparent. He released two popular Heavy Duty booklets in 1980, and through his articles, seminars, and mail-order business his philosophy was as great a sensation as he was on stages. It seemed every bodybuilder tried his lower-rep HIT, though most eventually returned to a higher-volume system. Then came the 1980

Mr Olympia. The greatest representative of the old guard, Arnold Schwarzenegger, won. The insurgent 28-year-old Mentzer finished a controversial fifth and, in the aftermath, retired. He seldom even trained again. Mike Mentzer died in 2001 at 49. His Heavy Duty formed the cornerstone of six-time Mr Olympia Dorian Yates' regime, and it continues to influence bodybuilders today.



## HEAVY DUTY BASICS

Go to full-rep failure in the six- to nine-rep range. Try to grow increasingly stronger in this range.

Always maintain proper form.

Push sets past failure with forced reps and negatives.

Rest-pause is another excellent method of transcending failure.

Divide your body parts into two workouts and allow 48 hours between workouts. For example, do workout A on Monday, B on Wednesday, A on Friday, B on Sunday (or Monday, if you prefer to take weekends off).

## HEAVY DUTY TIP SHEET

We have included Mentzer's 1979 back workout. After he retired, Mentzer prescribed increasingly lower volume—eventually as few as only one or two all-out sets per body part every two weeks! The workout included here best represents an effective and practical Heavy Duty routine.

Train with at least one partner. Assist each other in going beyond failure.

Do your last warm-up with approximately 75% of your working weight and stop before reaching failure.

Use pre-exhaust supersets. For example, in our back routine, pullovers (which isolate the lats) are done immediately before pulldowns (which work the lats with the biceps and rear delts).



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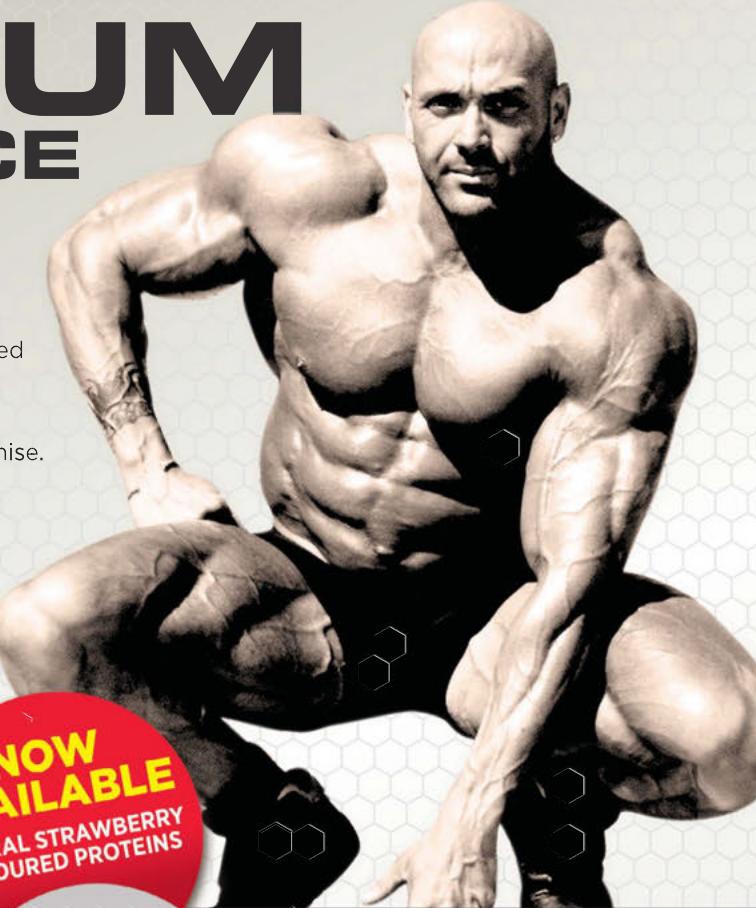
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# FEEL THE BURN

LOW REPS VS.  
HIGH REPS

## HYPOTHESIS

According to the principle of progressive resistance, in order to keep making gains over time, one must continually increase the weight loads used. Naturally, a training programme will go from lighter weight and higher reps to heavier weight and lower reps. The increasing weight loads should ensure continued gains in strength and size.

## RESEARCH

Researchers from the University of Tsukuba in Japan took two groups and had them use two different training progressions. For the first six weeks, both groups used a programme of nine total sets divided into groups of three sets. **Thirty seconds of rest was taken for three sets, then three minutes** was allowed for recovery before three more sets were performed. After six weeks, both groups switched to a traditional strength-training routine of five sets using 90% of their one-rep max (1RM) with three minutes' rest between sets, with the exception of one group, who performed a quasi-drop set after the last set. This group was dubbed the "combi" group.

## FINDINGS

Both groups grew significantly during the first six weeks of using the higher-rep/short-rest style of training. After the switch to a more traditional style of strength training using 90% 1RM, only the combi group continued to grow for four more weeks.

## CONCLUSION

**A combination of both load stress and metabolic stress optimises gains.**

## APPLICATION

This study points out the importance of metabolic stress to optimise gains from resistance training. It's important to increase the loads throughout a training cycle. When doing so, reps inevitably drop as the weight gets heavier and heavier. As a result, the metabolic stress is reduced as the number of reps decrease. In order to keep making size gains during the heavy phase of your training, add a high-rep set immediately following the last set of each exercise. This can be a single high-rep set using ~50% 1RM, or it can be more of a drop set where you keep grabbing a lighter weight each time you reach or get close to failure.

# REST PERIODS BETWEEN SETS

ARE LONG OR SHORT REST PERIODS BEST FOR GROWTH?

## OPENING ARGUMENTS

**DEFENCE** Short rest periods should be used to maximise muscle pump and growth hormone levels. Long rest periods are best only for strength athletes.

**PROSECUTION** Metabolic stress produced by short rest periods is only one factor in producing a growth stimulus. Load stress and total training volume are also very important for long-term growth as well as continued strength gains.

## EVIDENCE

**1** Results of blood-flow-restriction exercise clearly show that metabolic stress is a key factor in stimulating muscle growth. Short rest periods produce higher metabolic stress and stimulate production of satellite cells.

**2** Research shows that short rest periods ultimately limit the total volume that can be done due to fatigue.

**3** Greater increases in growth hormone are often seen with shorter rest periods. When compared with longer rest periods, however, the difference becomes smaller and smaller until around Week 10, at which point both short and long rest periods cause only small changes in growth hormone release.

**4** Studies controlling for growth hormone changes have shown that the temporary spikes in growth hormone that occur during a weight training workout have no impact on muscle and strength gains.

**5** When compared directly, the difference in gains using short vs. long rest periods is not significant. In fact, some studies have shown longer rest periods (for example, 2.5 minutes) actually produce greater gains in muscle size.



## VERDICT: NEITHER

Both short and long rest periods offer their own specific advantages. Short rest periods produce more metabolic stress, and long rest periods allow you to handle more weight and more volume.

## SENTENCING

Rest periods should be manipulated just as you manipulate other important variables in your training plan. At the start of a training cycle, short rest periods increase the effectiveness of lighter weight loads and stimulate muscle satellite cells that will be important for later muscle-damaging workouts.

As you progress through your cycle, gradually increase the weight and increase the rest periods. This will allow a consistent increase in training loads. When rest periods reach the three-minute mark, perform a drop set on the last set or perform one high-rep set following the last set for each muscle group.

# BICEPS BLASTER

TO FULLY DEVELOP THIS SHOWSTOPPER MUSCLE, TAKE ADVANTAGE OF BOTH SHORTENED- AND STRETCHED-POSITION EXERCISES

**Owning a set of giant pipes signifies that you possess the strength of a giant.** That could be why the bi's are the muscle that nonbodybuilders most easily relate to—even if they think the whole bodybuilding thing is strange.

The biceps is a fusiform muscle with two heads (bi = two, ceps = heads) and actually spans two joints, though for practical purposes we treat it as if it spans only the elbow joint. To thoroughly train the biceps, you shouldn't think about angles per se but instead the degree of stretch. Biceps should be trained in both the shortened and fully stretched starting positions. An example of a

shortened starting position is a bentover one-arm curl. Likewise, the biceps should be trained with a stretched starting position, such as when doing incline curls.

A word of caution about training biceps: straight bars are notorious

for causing forearm splints (similar to shin splints). These painful splints can last for weeks and will severely hamper your arm training. Dumbbells are your safest option, but if you choose to use a bar for curls, opt for an EZ-curl bar. **FLEX**

## SLEEVE-BUSTING BICEPS WORKOUT

EXERCISE	SETS	REPS
Bentover One-arm Curl	3-4	8-12
Incline Dumbbell Curl	3-4	8-12
Hammer Curl	3	8-12



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# FOOD & SUPPS

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# WHITE RICE vs. BROWN RICE

225 G COOKED  
LONG-GRAIN  
WHITE RICE

CALORIES  
**225**

PROTEIN  
**4 G**

CARBS  
**45 G**

FAT  
**0 G**

FIBRE  
**<1 G**

Rice is a classic bodybuilding food, but white and brown rice have different benefits. Both are great sources of carbs, but white rice causes more of an insulin spike due to its very low fibre and fat content. Brown rice also increases insulin release, but the fibre and fat help reduce this. Therefore, at times of the day when you aren't training, the carbs from brown rice are much less likely to go to body-fat storage than those from white rice.

225 G COOKED  
LONG-GRAIN  
BROWN RICE

CALORIES  
**218**

PROTEIN  
**5 G**

CARBS  
**46 G**

FAT  
**2 G**

FIBRE  
**3.5 G**

**GO WITH  
BROWN  
RICE**

■ Brown rice is the better option at most times of the day because the carbs it contains are less likely to be stored as body fat compared with those found in white rice. If you prefer white rice, then taking a fibre supplement (such as glucomannan) shortly before your meal will help reduce the undesired insulin impact of white rice and increase the length of time it takes to digest your meal—great for when you're trying to cut body fat on a moderate-carb diet.

## DIET SOS

I've been on a low-sodium diet for two weeks, but I'm still holding tons of water. Why is that?

**You're correct. Cutting sodium intake leads to dropping water.**

Unfortunately, reducing sodium causes your cells to release fluid only over the short term, which gives you a "drier" look. Consider this simplification of how the process works: water leaves the cells when

sodium outside the cells is lower than the amount inside cells. And cells tend to swell with fluid when sodium outside cells is greater than the amount inside, as sodium seeks a balance between the two.

**So here's the problem you're encountering:** you're no longer dropping water because the sodium levels inside and outside your cells are probably equal.

**Here's a much better strategy to create a drier look for the stage or a photo shoot:** Keep your sodium intake elevated

(to normal levels) until about four days before the event, getting in 2,000 to 3,000 milligrams a day. Drop to about 25% on Day 2. Drop it another 25% on Day 3. Cut it out entirely on Day 4. Increase sodium-free fluid intake on all these days (and take in plenty of minerals). On the evening before your target day, cut fluids, consuming only ice chips to continue decreasing fluid retention.

**NOTE: After your event, increase sodium gradually—at a rate of about 500 mg per day—until you reach your normal intake.**

# CAFFEINATE

COFFEE DURING YOUR WORKOUT

Many bodybuilders love the enormous boost that comes with taking a pre-workout product with an efficacious dose of anhydrous (dry) caffeine. This dose typically falls between 100 and 400 milligrams. The advantage of taking anhydrous caffeine is that it slams into your system quickly to boost strength and energy and decrease pain associated with weight training, allowing you to lift more weight for longer periods of time.

But that burst of energy can also make you feel twitchy and uncomfortable. Another option is to drink black coffee before and during your workouts for a slower, more even delivery of caffeine. You can add sugar to spike insulin, and you can even add skimmed milk to deliver aminos during your workouts.



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# BALSAMIC SALMON QUINOA SALAD

MAKES 1 SERVING



## NUTRITIONAL INFO PER SERVING

CALORIES	PROTEIN	FAT	CARBS
543	42 G	23 G	40 G

## INGREDIENTS

**170 g** salmon fillet (skinless, preferably wild caught), salt and pepper to taste

**1 tbsp** light balsamic vinaigrette

**1 tbsp** balsamic vinegar

**100 g** fresh spinach leaves, chopped

**140 g** cooked quinoa\*

## DIRECTIONS

**1** Season salmon with salt and pepper. Place salmon in a small nonstick frying pan over medium-high heat. Cook until desired doneness, about 2-3 minutes per side (turn down heat if overbrowning occurs before desired doneness is reached; the fish should be slightly translucent in centre).

**2** Mix balsamic vinaigrette with vinegar.

**3** Put chopped spinach in large shallow bowl. Top with quinoa and salmon. Drizzle dressing over top. Toss if desired.

\*Cook according to package directions, omitting any butter or oil.

## FOOD OF THE MONTH

### QUINOA

Quinoa is an ancient food from the Andes that has recently found popularity with both bodybuilders and the general public.

While it's typically eaten as a grain, quinoa is actually a seed.

100 grams of cooked quinoa contains only 120 calories and more than 4 grams of protein. In addition, it delivers 2 grams of fat, 21 grams of carbs, and more than 3 grams of fibre.

This makes quinoa an excellent carbohydrate source for bodybuilders seeking low-impact carbs while dieting.

- STEVEN STIEFEL

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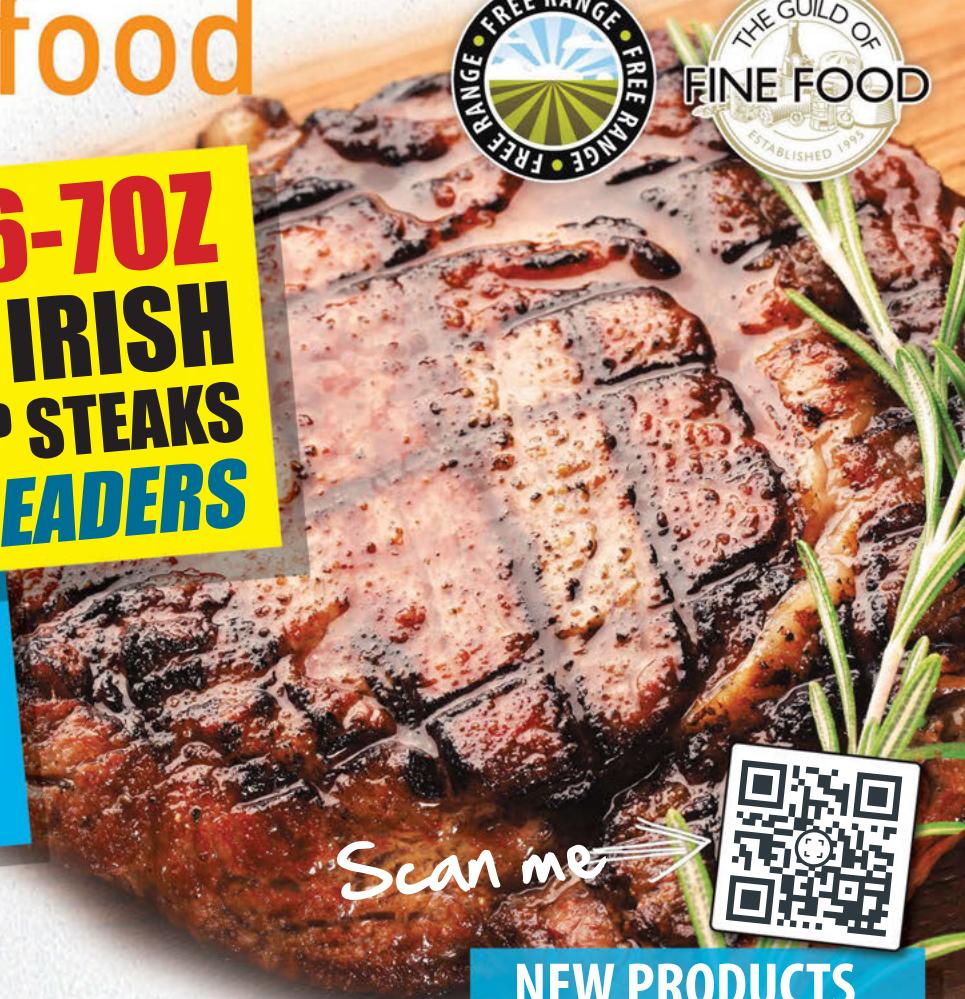
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the muscle building superiority of beef protein compared to chicken, milk, eggs and fish. Hydrolysed beef protein is enzymatically chopped up (predigested) into peptides that can be rapidly absorbed and utilised by the body. Thus hydrolysed beef protein is "fast acting" like whey that contains minimal amounts of fat (i.e. less than 1 gram per 23 grams of protein). However, unlike whey, beef protein can be used by athletes and individuals following a "Paleo" type of diet where dairy products are excluded. Hydrolysed beef protein contains all nine of the essential amino acids (phenylalanine, valine, threonine, tryptophan, isoleucine, methionine, histidine, lysine and leucine) that are necessary for growth in humans. Beef protein is also typically rich in proline and glycine—two other amino acids that can enhance connective tissue health.

**GRADE:** ★★★

**REASON:** *Although an A+ in theory, there's simply no scientific data in humans that compares beef protein powder to whey, casein, etc. with regards to amino acid profiles, pharmacokinetics/dynamics, or effects on training adaptations. So for now, we are left with powerful anecdotes from athletes.*

**CREATINE** absolutely revolutionised the sports nutrition industry in the early 1990s, and for good reason. Until that

time, very few supplements delivered on their marketing promises. In stark contrast, when taken at proper doses (3–5 grams per day for at least 30 days) and when combined with intense training, creatine monohydrate supplementation will almost certainly increase your strength and muscle mass, and lower fatigue during many types of exercise. In a world of dubious products and claims, this is one time when something sounding too good to be true actually isn't.

Creatine monohydrate has been the subject of hundreds of research studies in humans since 1992. In general, men and women who ingest 3–5 grams of creatine per day for 6–8 weeks gain an average of 2.8–3.2 kg of lean mass, which corresponds to a 20–40% increase in the creatine content held in muscle. Although the initial gains in body weight during the first few days of supplementation appear to be due to some water retention, this effect is actually an important effect that triggers long-term muscular growth by a variety of mechanisms:

- 1) increases in muscle fibre protein content, an effect which results in a doubling of muscle fibre size compared to resistance training without creatine supplementation;
- 2) increases in several myogenic regulatory factors (i.e. proteins that activate gene expression in muscle);
- 3) increases in the number of satellite cells (immature muscle fibres that can eventually mature into muscle cells); and 4) increases in intramuscular IGF-1 content (a potent growth factor in muscle). More recent data also demonstrates that creatine supplementation can enhance glycogen storage in muscle by upregulating the production of GLUT4, thus providing indirect evidence that it may be of benefit to endurance athletes under certain circumstances.

In terms of improving physical performance and power output,

creatine supplementation has been shown to enhance the energy capacity and production from the phosphagen energy system (which includes adenosine triphosphate and phosphocreatine). In addition, creatine supplementation is also thought to buffer changes in intramuscular pH due to hydrogen ion accumulation (translation = less fatigue during intense muscle contractions). Both of these systems are used mainly during intense sprinting-type efforts interspersed with short recovery periods. Thus, athletes who perform weight training exercise, or compete in football, hockey, rugby, basketball, etc. are likely to note benefits in their performance. As mentioned above, some endurance athletes also use creatine during glycogen loading protocols, as well as during their interval training programmes.

In addition to the above benefits, scores of research studies have also dispelled many unsubstantiated myths of responsible creatine use, including muscle cramps, muscle strains, dehydration, liver and/or kidney stress, etc. The fact is, NO study to date using a placebo-controlled double blind design (considered to be the gold standard in clinical research) has found an increased incidence of these side effects in subjects consuming creatine monohydrate. Media reports that claim otherwise usually involve case studies from uninformed athletic trainers, coaches and physicians.

**GRADE:** ★★★★

**REASON:** Unless you're in the minority as a "creatine non-responder", I can think of no other legal supplement on the face of the planet that has more benefits to explosive performance, strength, and lean mass. In the latter case, it is also suggested to co-ingest creatine with 50-80 grams of a high glycaemic index carbohydrate, or a combination of carbohydrates and protein, since it is known that

creatine uptake into muscle is greater when insulin levels are raised well above normal.

**DEXTROSE**, also known as D-glucose, is a monosaccharide (simple sugar). It is one of the primary sources of energy in the body and is used in both aerobic as well as anaerobic metabolism. In other words, whether you are a triathlete or a weight lifter your body still uses D-glucose to fuel the production of cellular energy. Unlike fats and proteins, glucose is unique because it can be broken down aerobically (with oxygen), as well as anaerobically (without oxygen) to produce energy in the form of adenosine triphosphate. In addition, glucose molecules can be linked together to form glycogen, the storage form of carbohydrate in the liver and muscles.

Liver glycogen is used to help regulate blood sugar levels while muscle glycogen is the primary fuel source during intense exercise. Many endurance athletes, some multiple-sprint sport athletes, and even pre-contest bodybuilders will use a process called glycogen loading to store more carbohydrate in their muscles prior to competition. For the athletes, it provides a boost in performance during the latter stages of race, while for the bodybuilder it provides an accentuation of muscle size and definition.

**GRADE:** ★★★★

**REASON:** That's right, five stars for sugar! Although it is not technically an essential nutrient, the body needs it for optimal performance. If you try to train or compete without it, you can expect crappy results. **FLEX**

**THE RATINGS**

★★★★★	Outstanding scientific research on humans available
★★★★	Solid research available; anecdotally effective
★★★	Not much human research available but premise is sound



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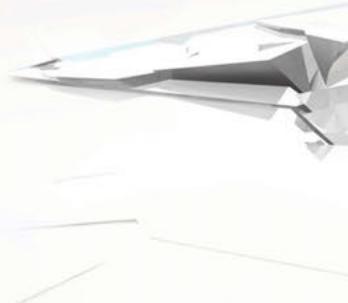
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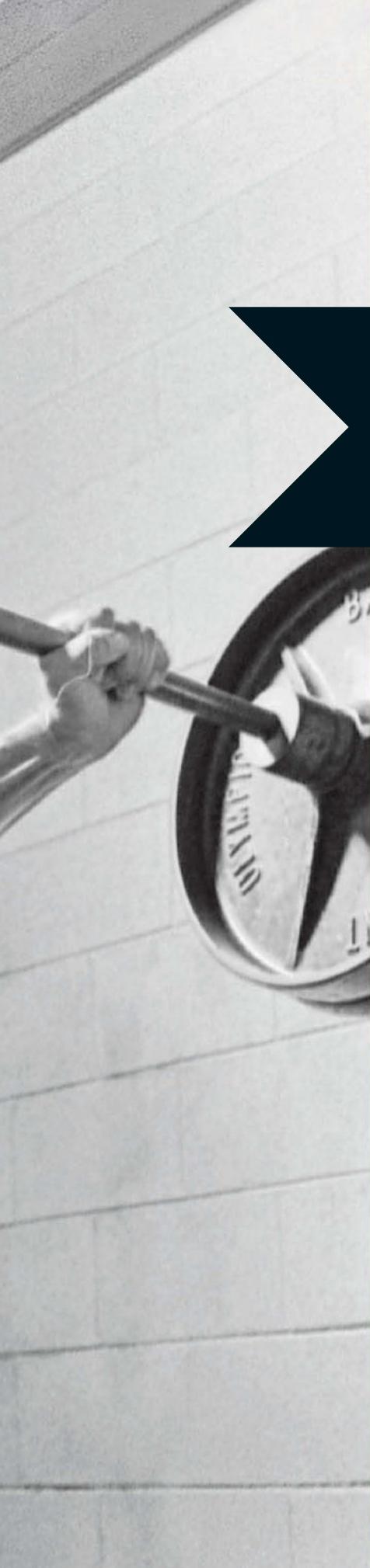
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ARNOLD'S

# SECRETS OF SUCCESS

ARNOLD SCHWARZENEGGER'S  
BODYBUILDING JOURNEY  
AND THE 12 LIFE LESSONS HE  
LEARNED ALONG THE WAY



## SUCCESS STORIES DON'T GET MUCH BIGGER THAN HIS.

A skinny kid in rural Austria grows and grows and grows to conquer bodybuilding like no one before or since. And then, against all odds, the muscleman with a thick accent and funny name again ascends from the bottom to the top—to the peak of Hollywood fame and fortune. And then this immigrant and novice politician is elected and re-elected governor of California, a state with a population more than four times his native country. So when Arnold Schwarzenegger reveals his secrets for success, you'd better pay close attention. He outlined six of them in a speech he made at a University of Southern California graduation ceremony. We've incorporated those six and added six more—life lessons he learned over his 17-year competitive bodybuilding career. We trace the seven-time Mr Olympia's journey from his first workout to his final contest. And we explain the 12 rules that fuelled his climb to greater heights than anyone—besides the ever-optimistic Arnold himself—could've imagined.

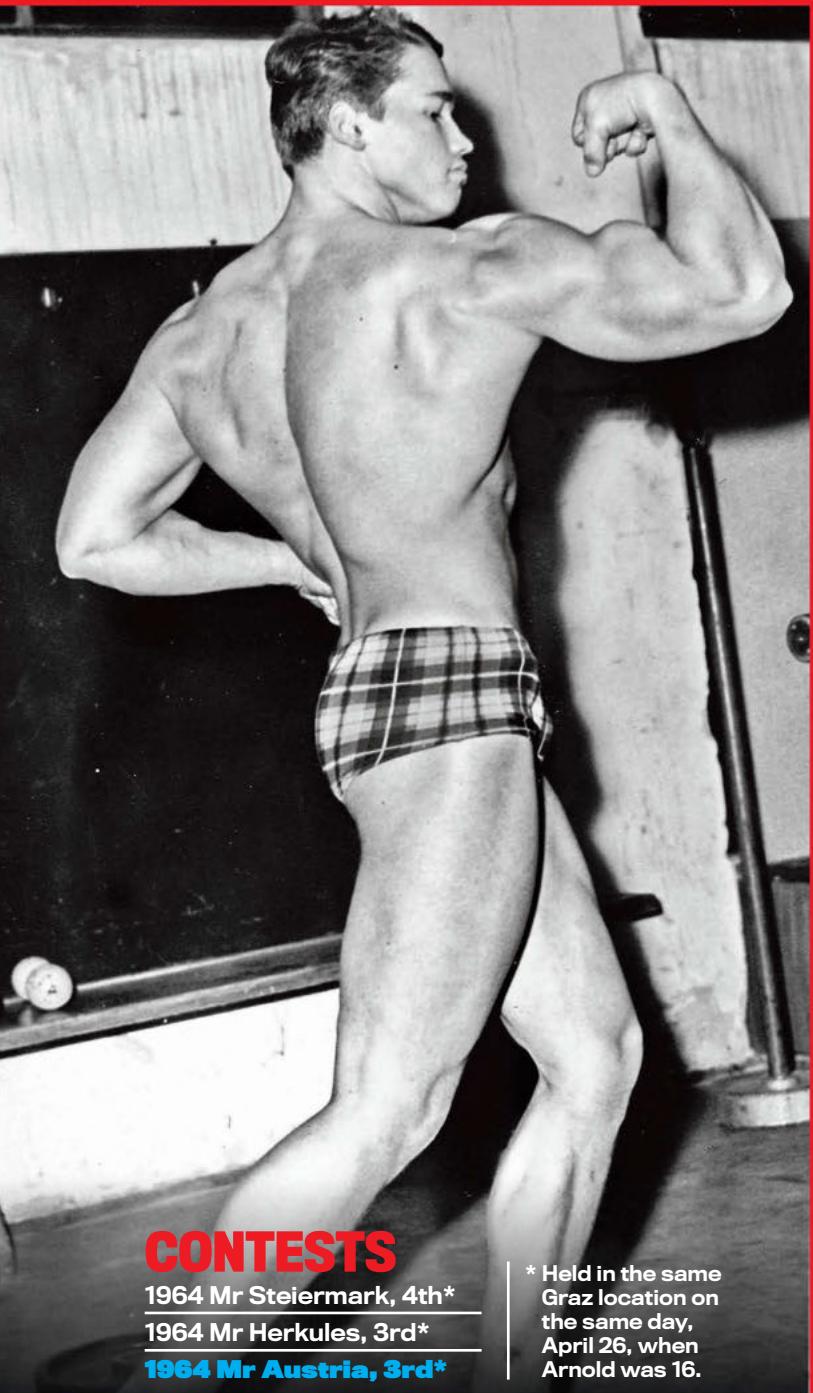
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BY GREG MERRITT

PHOTOGRAPHS COURTESY OF WEIDER HEALTH AND FITNESS, MIKE NEVEUX, ALBERT BUSEK, CARUSO & ART ZELLER/FITNESS PUBLICATIONS INC.

## KEY

CONTESTS	EVENTS
PEOPLE	PLACES



**CONTESTS**

1964 Mr Steiermark, 4th\*

1964 Mr Herkules, 3rd\*

1964 Mr Austria, 3rd\*

\* Held in the same Graz location on the same day, April 26, when Arnold was 16.

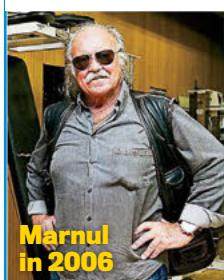
1962-1964

**THAL**

Arnold lived for his first 19 years in his family's two-storey cottage in Thal, Austria, a farming community in the idyllic hills near the city of Graz.

**KURT MARNUL**

At Thal Lake on a hot Sunday in July 1962, 154-pound Arnold struck up a conversation with a popular muscleman. Kurt Marnul had **launched Austria's first bodybuilding gym** in 1958 and entered a Mr Universe in 1961. Marnul, who won the 1964 Mr Austria, invited the eager teen to his gym.

**ATHLETIC UNION GRAZ**

"And there it was before me, my life—the answer I'd been seeking," said the future seven-time Mr Olympia of the moment he entered Marnul's gym, around the time he turned 15. He trained religiously thereafter.

**TRUST YOURSELF****RULE 01**

"I WAS DETERMINED TO BE UNIQUE." NO MATTER WHAT ANYONE ELSE SAID, ARNOLD BELIEVED HE COULD MAKE HIS BODYBUILDING DREAMS COME TRUE.



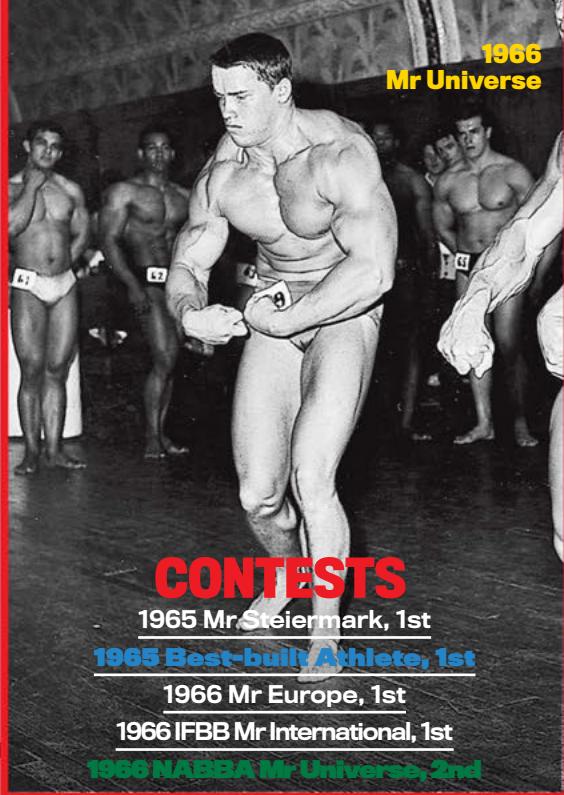
## FRANCO COLUMBU

The Sardinian Columbu was 24 and competing in a powerlifting meet staged with the "Best-built Athlete" contest in Stuttgart when he and Arnold met. They became training partners in Munich and later training and (brick-laying) business partners in California. **Columbu won the Mr Olympia in 1976 and 1981.**

RULE  
02

## TEAM UP

HE KNEW A STRONG AND KNOWLEDGEABLE PARTNER COULD ASSIST AND MOTIVATE HIM. SO HE TEAMED WITH POWERHOUSE FRANCO COLUMBU FOR WORKOUTS. ARNOLD LATER APPLIED THIS SUCCESS SECRET TO BUSINESS.



## CONTESTS

1965 Mr Steiermark, 1st

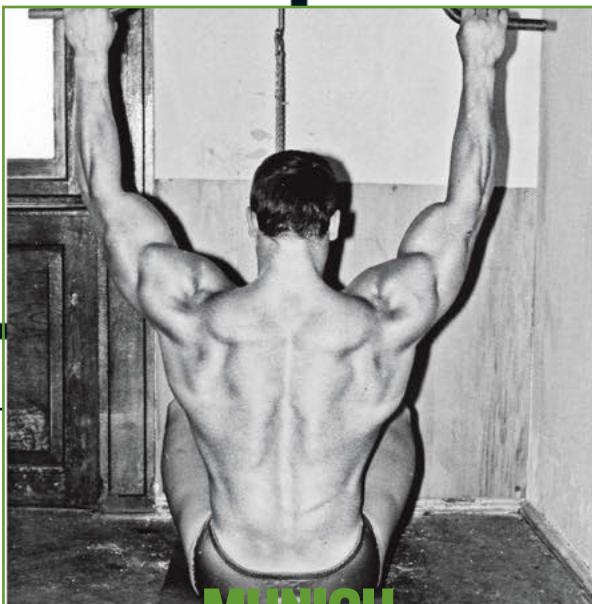
1965 Best-built Athlete, 1st

1966 Mr Europe, 1st

1966 IFBB Mr International, 1st

1966 NABBA Mr Universe, 2nd

1965-1966



## MUNICH

In August 1966, shortly after turning 19, Arnold moved to Germany. **He lived in Munich for the next two years,** training with new best friend Columbu in a gym Busek managed.

## ALBERT BUSEK

Although only 22, Busek was already editor of a German bodybuilding magazine when he co-produced the "Best-built Athlete" contest in Stuttgart, Germany on Oct. 31, 1965 and met the Austrian phenom. **Busek has been championing his friend's career for 50 years.**

## WAG BENNETT

Gym owner Bennett was a judge at this contest and **became an early mentor of the Austrian Oak.** Wag and Dianne Bennett's house in Forest Gate, east London was Arnold's second home during his Munich years.



## LONDON

Sept. 24, 1966. At 230 pounds and less than a month past his 19th birthday, **Arnold placed second in his class** behind the overall winner, Chet Yorton. When word of the colossal teenager's runner-up Mr U finish spread, he became a bodybuilding sensation.

1967-1968

## CONTESTS

1967 NABBA

Mr Universe, 1st

1968 NABBA Pro

Mr Universe, 1st

1968 IFBB

Mr Universe, 2nd

## LEARN FROM MISTAKES

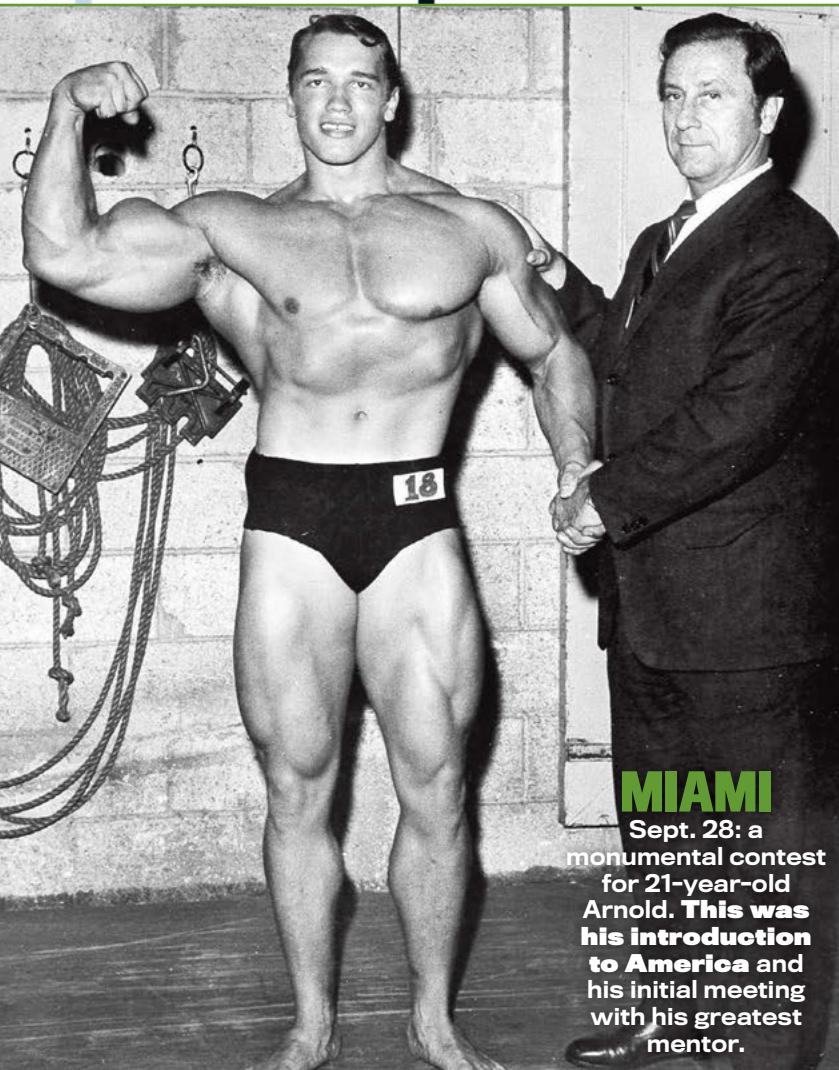
**RULE  
03**

WHEN SMOOTH 250-POUND ARNOLD LOST THE 1968 MR U TO LEAN AND POLISHED FRANK ZANE, HE LEARNED A VALUABLE LESSON. AFTERWARDS, HE PAID CAREFUL ATTENTION TO ALL THE DETAILS.

## PROFIT FROM MENTORS

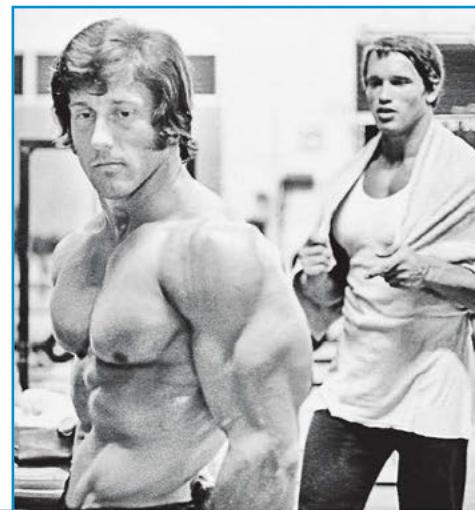
**RULE  
04**

JOE WEIDER TAUGHT ARNOLD ABOUT TRAINING, POSING, PROMOTING, AND BUSINESS. THROUGHOUT HIS DIVERSE CAREERS, ARNOLD HAS BENEFITTED FROM THE WISDOM OF EXPERIENCED ADVISERS.



### MIAMI

Sept. 28: a monumental contest for 21-year-old Arnold. This was his introduction to America and his initial meeting with his greatest mentor.



### FRANK ZANE

Boos rained when Zane was declared victorious at the 1968 Mr Universe, but mostly because he upset expectations. Zane was much smaller but also much sharper than the Austrian phenom. Subsequently, Zane won three Olympias (1977-79).

### JOE WEIDER

Backstage before the contest, Arnold met the man he would come to regard as his second father, Joe Weider, who was already a legendary businessman and promoter. That night, Arnold accepted Weider's offer to move to California. Soon, the eager immigrant became a mainstay on the covers as well as in the articles and ads of Weider's bodybuilding magazines.



### LOS ANGELES

In late 1968, with Weider's support, Arnold moved to Southern California.

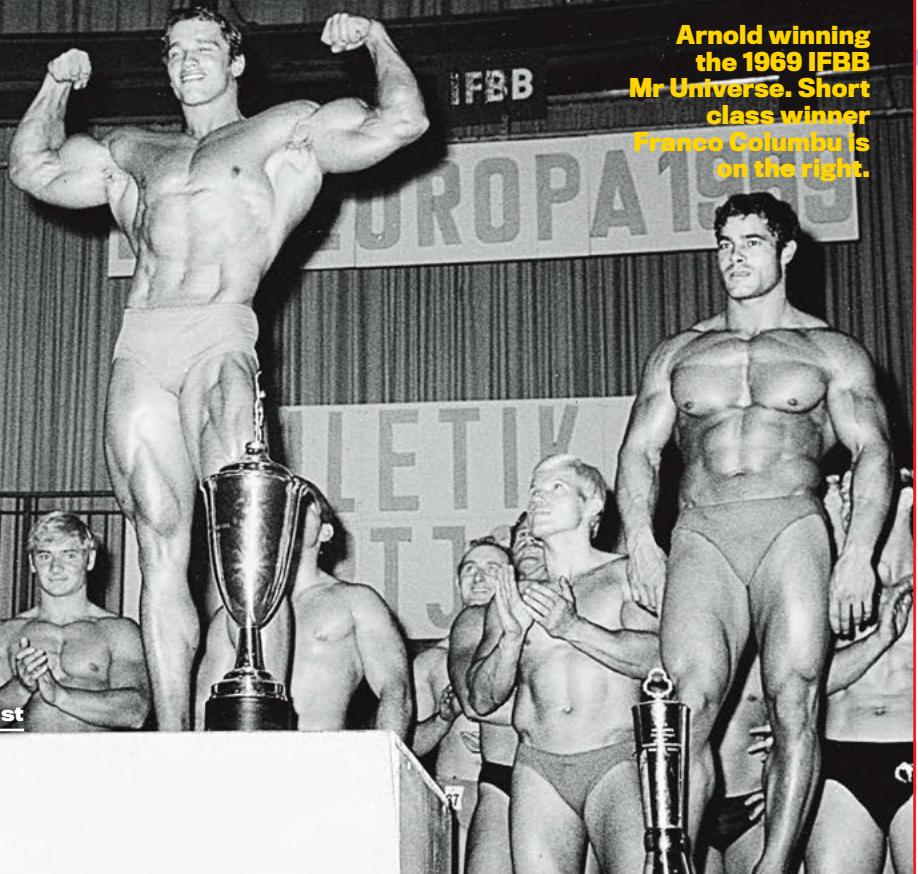


## ARNOLD'S BICEPS/TRICEPS, FOREARMS, AND CALVES WORKOUT

EXERCISE	SETS	REPS
Barbell Cheat Curl superset with Close-grip Bench Press	5	6-10
Incline or Seated Dumbbell Curl superset with Cable Pushdown	5	6-10
Preacher Curl superset with Lying Extension	5	6-10
Concentration Curl superset with Dumbbell Kickback	5	6-10
Wrist Curl	4	10
Reverse Barbell Curl	4	8
Wrist-roller Machine	n/a	To failure
Standing Calf Raise	10	10
Seated Calf Raise	8	15
Unilateral Calf Raise (holding dumbbell)	6	12

**NOTE:** Ab work comprised 30 minutes of exercises including Roman chair sit-ups, lying leg raises, cable crunches, and broomstick twists.

Flexing in the  
Bavarian Alps  
in 1967



Arnold winning the 1969 IFBB Mr Universe. Short class winner Franco Columbu is on the right.

## CONTESTS

1969 NABBA Pro Mr Universe, 1st

1969 IFBB Mr Europe, 1st

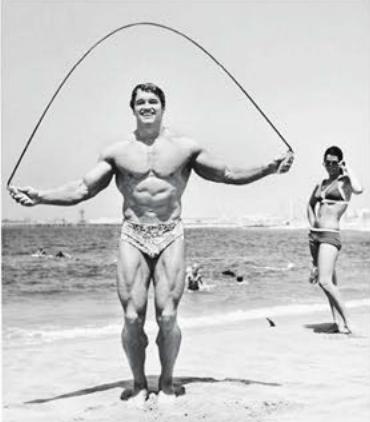
1969 IFBB Mr International, 1st

1969 IFBB Mr Universe, 1st

1969 IFBB Mr Olympia, 2nd

## SANTA MONICA & VENICE

The original Muscle Beach, located in Santa Monica, was a magnet for physique stars in the '40s and '50s. After it closed in 1959, much of the equipment and many of the best bodybuilders relocated to a basement, nonprofit gym nicknamed "the Dungeon" in neighbouring Venice.



## JOE GOLD

By the mid-'60s, Joe Gold was a World War II Navy veteran, a retired competitive bodybuilder, and a sometimes merchant marine. He was a member of the Dungeon fraternity, but he had a plan for a sunnier place. In 1965, he opened Gold's Gym in Venice.

1969

## GOLD GYM

Built by Gold and his muscular friends, it had scarce parking, breezeblock walls, and a concrete floor. Gold's Gym also had heavy-weight equipment built (by Gold) to withstand torturous workouts. Most important, many of the world's best physiques toiled together there. In 1969, the members included Dave Draper, Frank Zane, Franco Columbu, and the charismatic immigrant who was fast becoming the world's most popular bodybuilder, Arnold Schwarzenegger.



## CHOOSE A NOURISHING ENVIRONMENT

**RULE  
05**

IN FERTILE SOIL A SEED CAN GROW INTO AN OAK. TRAINING IN GOLD'S VENICE TWICE DAILY AMID HIS FELLOW MR UNIVERSES EXPOSED ARNOLD TO POSITIVE REINFORCEMENT, CONSTRUCTIVE CRITICISM, AND PRACTICAL KNOWLEDGE.

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Arnold battles Sergio Oliva at the 1970 Mr Olympia.

## CONTESTS

- 1970 AAU Pro Mr World, 1st
- 1970 NABBA Pro Mr Universe, 1st
- 1970 IFBB Mr Olympia, 1st



## VETERANS MEMORIAL

Opened in 1955 and closed in 2014, the Vet in Columbus was bodybuilding's most venerable venue. **Six Olympias and 26 Arnold Classics were held there**, all co-produced by Arnold and Jim Lorimer. The Vet's special place in Arnold's heart and bodybuilding lore was secured when Arnold defeated Sergio Oliva (then the reigning and three-time Mr Olympia) there on Sept. 19, 1970 for the Pro Mr World title.



## JIM LORIMER

A World War II Navy veteran and former insurance agent, Lorimer promoted the 1970 Pro Mr World. After Arnold retired in 1975, Arnold and Lorimer **began co-promoting contests**, a relationship that continues to the present day.

1970



## HERCULES IN NEW YORK

Arnold's **big-screen debut** (shot in 1969, released in 1970)—a forgettable, low-budget flick. Arnold stars as Hercules, just as Park did in the movies that inspired teenage Arnold.

## BREAK THE RULES

### RULE 06

EARLY IN HIS CAREER, ARNOLD'S CALVES LAGGED. BUT AFTER CONSULTING WITH REG PARK, HE WORKED THEM SIX DAYS PER WEEK—AN UNORTHODOX APPROACH THAT HELPED TURN A WEAKNESS INTO A STRENGTH. “YOU HAVE TO THINK OUTSIDE THE BOX,” ARNOLD STATES.



## COLUMBUS

The largest city in **Ohio** was the site of Arnold's breakthrough American victory. And it's been the home of his namesake pro contest and fitness festival, the Arnold Classic, since its genesis in 1989.



## REG PARK

When Arnold started bodybuilding, **Park was his idol**. A three-time Mr Universe and four-time cinematic Hercules, Park was making a comeback at 42 when 24-year-old Arnold beat him.





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1971-1972

Arnold defeats  
Sergio at 1970  
Mr Olympia.RULE  
07INVITE  
COMPETITION

TO BE HIS BEST, ARNOLD HAD TO BEAT THE BEST. THAT'S WHY HE WELCOMED HIS DUELS WITH OLIVA—THE ONE MAN IN THE WORLD WHO COULD TRULY CHALLENGE HIM WHEN BOTH WERE AT THEIR PEAK.

## CONTESTS

1971 IFBB  
Mr Olympia, 1st1972 IFBB  
Mr Olympia, 1st

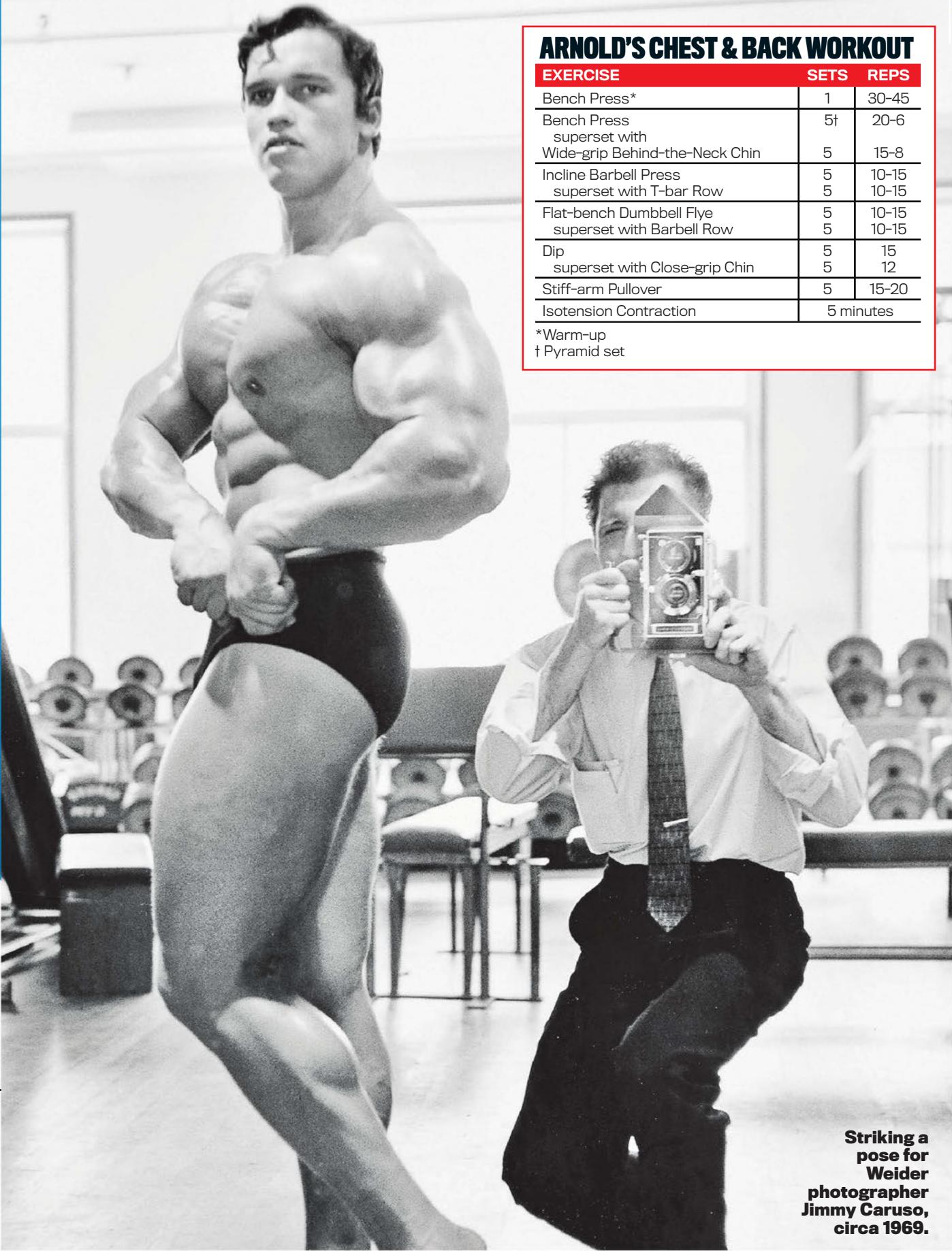
After he defected from the Cuban weightlifting team in 1962, Oliva became an American citizen and Chicago policeman. Dubbed the Myth for his **unbelievable size and proportions**, he won three Mr Olympias (1967-69). But after beating Arnold at the 1969 Mr O, he lost to him at the 1970 Pro Mr World and then again at the Mr O two weeks later. Both times, he was smooth. For a rules infraction, the Myth was forbidden from competing in the 1971 Mr O, which Arnold won unopposed. That set up the ultimate rematch in 1972.

(L-R) Columbu, Oliva, Schwarzenegger,  
Serge Nubret, Zane, Kardewicz



## ESSEN

There were six competitors in the 1972 Mr Olympia in Essen, Germany, and together four of them (Arnold, Oliva, Zane, Columbu) eventually won 15 Sandows. A fifth legend was Serge Nubret, who placed third. **It had the greatest bodybuilding line-up ever**, but it's rightly remembered for the battle between Arnold and Oliva. The Myth was at his best. Arnold was excellent. The judging was scattershot (two judges had Nubret first and Arnold third!). But in the end, Arnold won his third straight Olympia title. The results are still debated today. In the aftermath, the volatile Oliva competed in non-IFBB organisations. The closely matched titans never clashed onstage again.



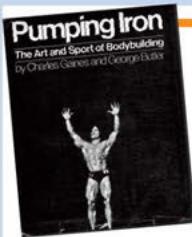
## ARNOLD'S CHEST & BACK WORKOUT

EXERCISE	SETS	REPS
Bench Press*	1	30-45
Bench Press superset with Wide-grip Behind-the-Neck Chin	5†	20-6
Incline Barbell Press superset with T-bar Row	5	15-8
Flat-bench Dumbbell Flye superset with Barbell Row	5	10-15
Dip superset with Close-grip Chin	5	12
Stiff-arm Pullover	5	15-20
Isotension Contraction		5 minutes

\*Warm-up

† Pyramid set

Striking a  
pose for  
Weider  
photographer  
Jimmy Caruso,  
circa 1969.



## PUMPING IRON (book)

The book that begat the movie was published in 1974 and focuses, in part, on the 1973 Mr Olympia. Written by Charles Gaines with photos by George Butler, *Pumping Iron* brought bodybuilding and Arnold to a curious general public.

## CONTESTS

1973 IFBB Mr Olympia, 1st

1974 IFBB Mr Olympia, 1st

1975 IFBB Mr Olympia, 1st

**RULE  
08**

### WORK YOUR BUTT OFF

HE KNEW SUCCESS DIDN'T COME EASY. EACH DAY HE TRAINED FOUR HOURS, WORKED HIS JOB AS BRICKLAYER, AND STILL FOUND TIME TO ATTEND BUSINESS CLASSES. HE HAD ALL THE DRIVE NECESSARY TO ACHIEVE HIS GOALS.

1973-1975



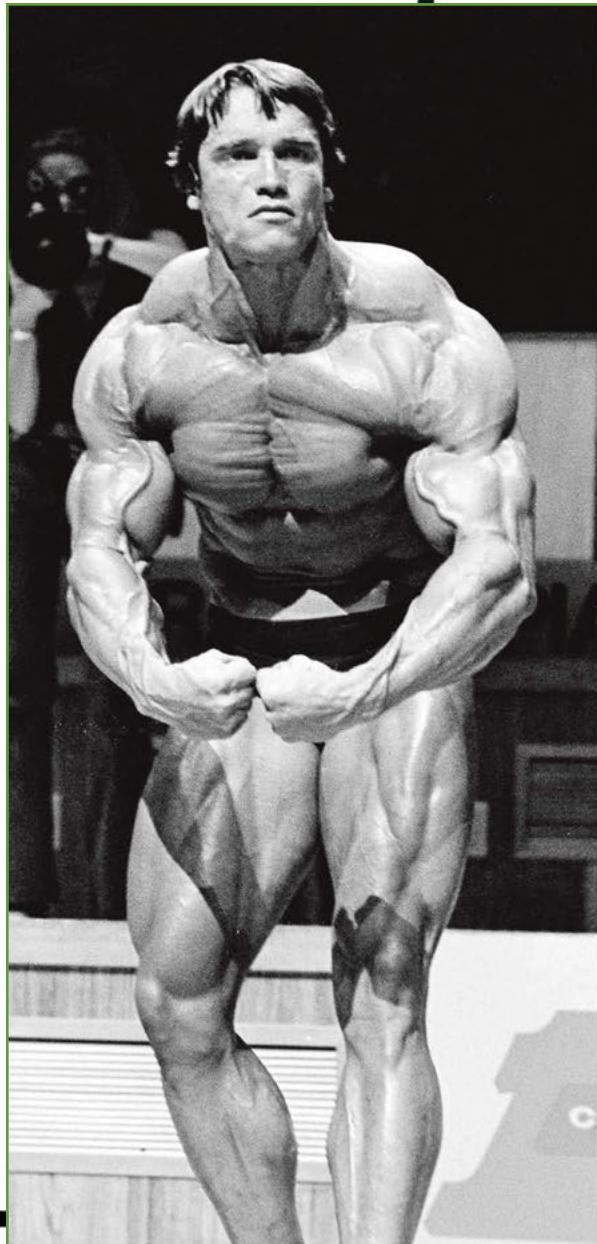
### BROOKLYN

The Brooklyn Academy of Music has always been mostly a musical venue, but from 1965-74 it was bodybuilding's ultimate battlefield. **Eight of the first nine Olympias** were held at the BAM in a building opened in 1903. Arnold won his 1970 and 1973 Olympias there. He is widely regarded as being at his best in '73, at 236, and in '74 (in the Felt Forum at Madison Square Garden) at just under 242.



### LOU FERRIGNO

Brooklynite Ferrigno placed second (out of two) behind Arnold in the '74 Olympia tall class. "Big Louie" was only 23, and, at 6'5" and 260, he was perceived as the one contender who **could out-muscle** the Austrian Oak in the future. But he finished third (out of three) in the '75 Olympia tall class and subsequently morphed into the Incredible Hulk.



### PRETORIA

Returning from shooting *Stay Hungry*, Arnold was smaller but **still the clear winner** of the 1975 Olympia, held in South Africa. After this, his sixth-straight O triumph, he retired from the posing dais.



## PUMPING IRON (MOVIE)

This 1977 documentary focused largely on the 1975 Mr Olympia and the training of its participants. But its principal subject was Arnold, and it propelled its engaging star to worldwide fame.



1976-1979



### GAINES & BUTLER

Charles Gaines co-wrote *Stay Hungry* (based on his novel). George Butler co-directed *Pumping Iron* (inspired by the Gaines/Butler book).



## STAY HUNGRY

The 1976 movie *Stay Hungry* is a meandering movie with a rare focus on competitive bodybuilding. Arnold studied extensively for his role of philosophical muscleman Joe Santo. His acting **garnered much praise** and a Golden Globe award.



Arnold with  
Jeff Bridges



RULE  
09

## STAY HUNGRY

WHEN ARNOLD HAD NOTHING LEFT TO PROVE IN ONE FIELD (BODYBUILDING) HE SET OUT TO PROVE HIMSELF IN ANOTHER (MOVIES). HE HAS CONTINUOUSLY CHALLENGED HIMSELF.

### HOLLYWOOD

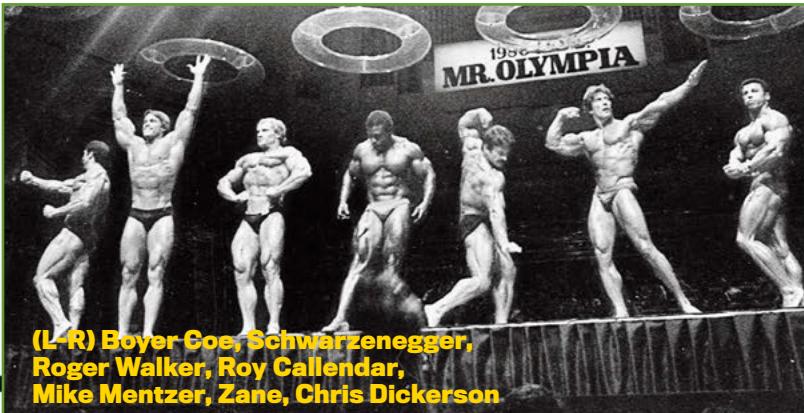
In the wake of *Stay Hungry* and *Pumping Iron*, Arnold focused on his acting career, appearing in supporting roles in TV shows and forgettable movies.





## CONTEST

IFBB 1980 Mr. Olympia, 1st



(L-R) Boyer Coe, Schwarzenegger, Roger Walker, Roy Callendar, Mike Mentzer, Zane, Chris Dickerson

1980

## SYDNEY

When the 1980 Mr Olympia took place on October 4 in the Sydney Opera House, there was a surprise entrant—the greatest bodybuilder ever. Since he was already training to play Conan, Arnold **dieted down and leapt into the Olympia fray**. He was only 33 (the age Ronnie Coleman was when he won his first Sandow), but he'd been retired for five years.

Weighing around 220 (his lowest contest weight since his teens), the legend was notably smaller than in the past, especially in regard to his legs. But the downsizing allowed him to uncover new cuts. He wasn't at his best, but was his best still good enough? The judges said yes. Physique fans were unsure. Arnold's seventh and final O victory remains one of bodybuilding's most controversial decisions.



Arnold training at World Gym with Jusup Wilkosz (left) and Franco



## WORLD GYM

Joe Gold sold the gym that bore his name in 1970 and resumed his career as a merchant marine. In 1977, he launched World Gym in Santa Monica. That flagship gym became Arnold's new training base when the downsized actor (and bodybuilding contest promoter) muscled up again for his titular role in *Conan the Barbarian*, set to begin shooting in Spain in October 1980.

**RULE  
10**

## DON'T BE AFRAID TO FAIL

**RULE  
11**

## IGNORE THE NAYSAYERS

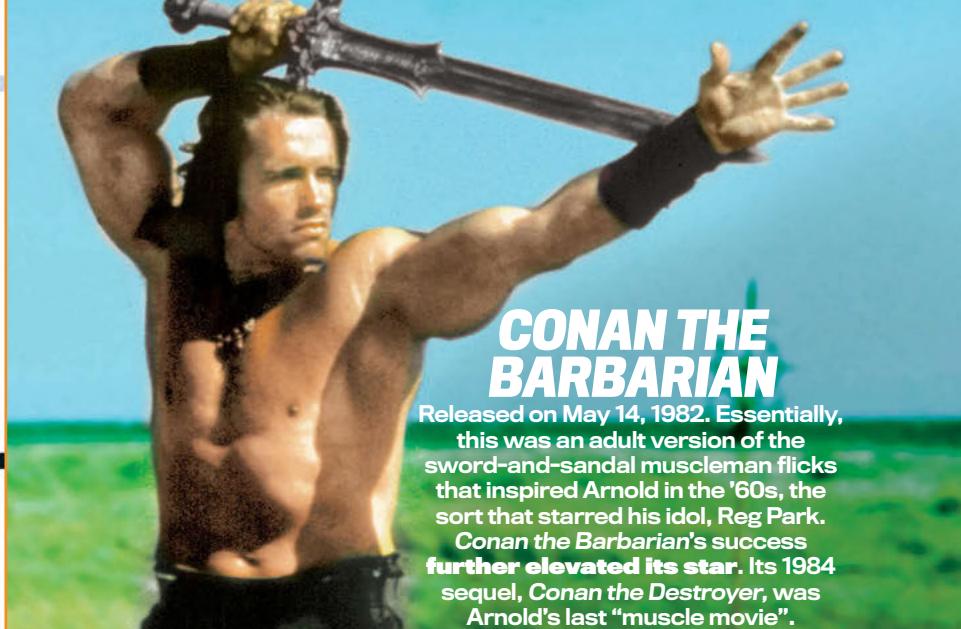
THIS APPLIES TO BOTH THOSE CAUTIONING HIM AGAINST ENTERING THE '80 OLYMPIA AND THE CHORUS CLAIMING HE WOULD NEVER BE MORE THAN A B-MOVIE ACTOR. "PAY NO ATTENTION TO PEOPLE SAYING IT CAN'T BE DONE," ARNOLD INSTRUCTS.

1981-2015



### THE TERMINATOR

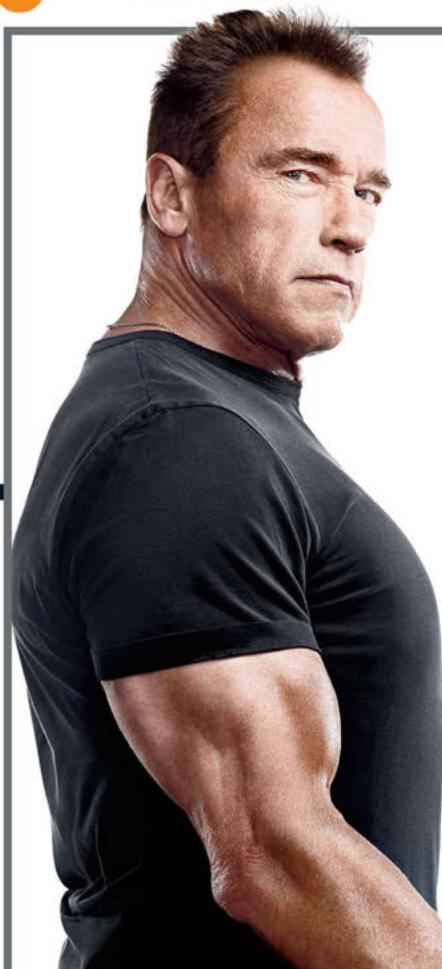
Released in October (1984), this landmark film marked Arnold's **breakthrough to worldwide, mainstream stardom**. It provided him a mythical character and an infinitely repeatable catchphrase and all while focusing more on his strong presence and less on his muscular physique.



### CONAN THE BARBARIAN

Released on May 14, 1982. Essentially, this was an adult version of the sword-and-sandal muscleman flicks that inspired Arnold in the '60s, the sort that starred his idol, Reg Park.

*Conan the Barbarian's* success further elevated its star. Its 1984 sequel, *Conan the Destroyer*, was Arnold's last "muscle movie".



### EARTH

And then he became a global superstar. On the strength of blockbusters like *Total Recall* (1990), *Terminator 2: Judgment Day* (1991), and *True Lies* (1994), this

Austrian immigrant muscleman rose to be one of the planet's most popular and successful actors. Taking a break from big screens, he served as California governor from 2003-2011. His other titles include **businessman, author, activist, and philanthropist**.

Throughout it all, the seven-time Mr Olympia has maintained his strong connection to bodybuilding. He is currently the executive editor of *FLEX*. In 2015, he'll co-promote four Arnold Classics worldwide. And as always, he continues to pump iron, just as he began doing 53 years ago when just a skinny teen with very big dreams. **FLEX**

### GIVE SOMETHING BACK

#### RULE 12

"WHATEVER PATH YOU TAKE IN YOUR LIFE, YOU MUST ALWAYS FIND TIME TO GIVE SOMETHING BACK," ARNOLD INSTRUCTS. "REACHING OUT AND HELPING PEOPLE WILL BRING YOU MORE SATISFACTION THAN ANYTHING ELSE YOU HAVE EVER DONE."



THE ULTIMATE

# ARM WORKOUT

PER BERNAL



**ADD ONE PERMANENT  
INCH TO YOUR ARMS IN  
ONE MONTH**

BY DAVID SANDLER

**KOUT**

## ULTIMATE ARM WORKOUT

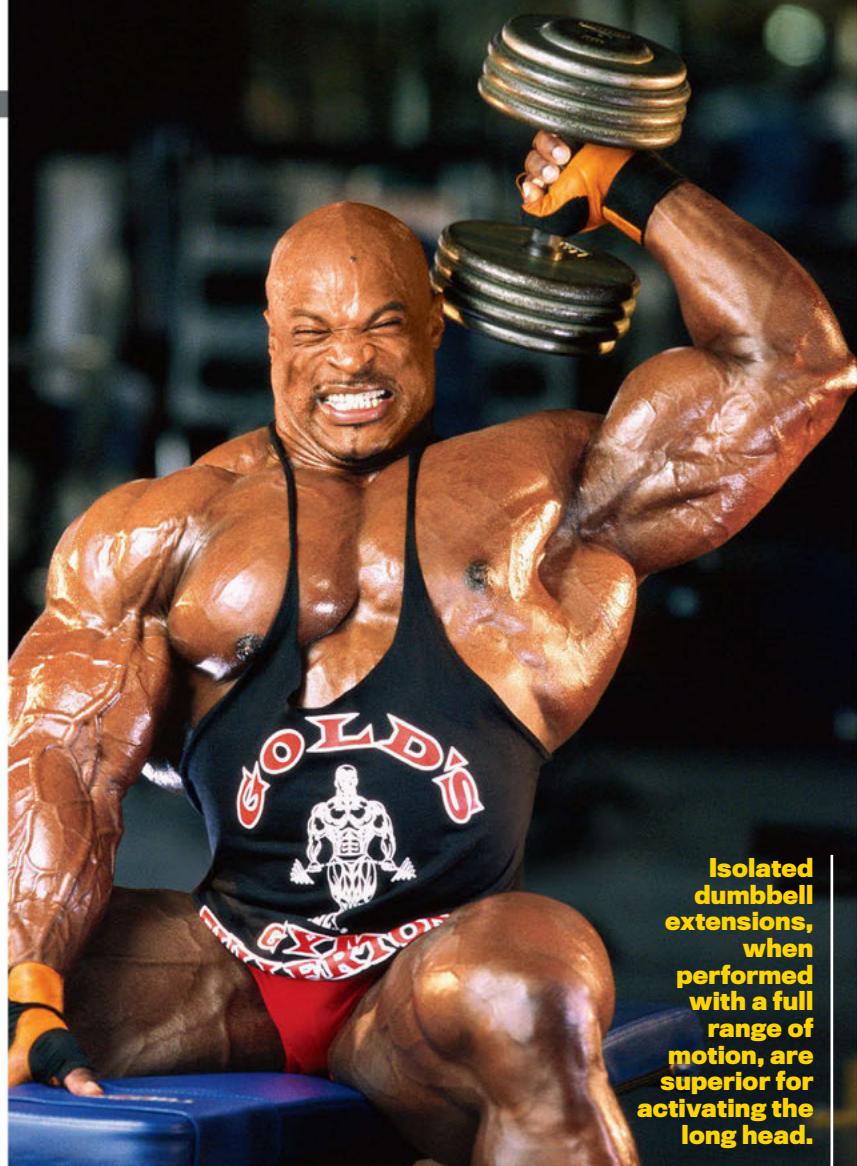
Some 20-plus years ago, a never-before-seen arms routine was created to provide maximal growth in a single day. The famous "Inch in 24 Hours" training programme has since seen dozens of iterations and applications—because it works. It's backed by science, practice, and thousands of followers who will attest to its ability to produce head-turning results. Taking that knowledge and the foundations from which it was built, we have evolved the legendary programme to give you a new, less time-intensive approach that's just as effective at stretching your shirt sleeves.

## SCIENTIFICALLY SOUND

The key to serious size is to take that only-in-the-gym pump and turn it into permanent muscle. Sure, you can do some fast back-to-back exercises and push your pump through the roof—causing your clothing to fit tight—but just a few short hours later, that pump is gone, and you don't have the muscle to show for it. The answer to this dilemma is to combine pump-type training with permanent size- and strength-building exercises, then allow for maximal recovery before beating your muscles into submission in the next workout.

There are two likely mechanisms for the dramatic increases seen using this type of training programme.

**1** The first has to do with the natural process of protein synthesis. However, with this specific type of stress, it appears that process is enhanced, likely due to the increased volume of training and our better understanding of the importance of supplementation and good nutrition.



Isolated dumbbell extensions, when performed with a full range of motion, are superior for activating the long head.

**2** The second is the process of cellular swelling which appears to maintain its overall characteristics without affecting muscle function. We know that when injured or suffering from severe DOMS (delayed onset muscle soreness), the damaged tissue area swells significantly, generally limiting function, and as the swelling goes down, function is restored. The current thinking here is that if we catch the swelling at the right moment—somewhere after the pain subsides and full functionality returns—and we continue to train,

we reap the benefits of the added tissue swelling. As has been proven time and again using serious volume-training programmes like this, if you hit those muscles regularly with proper rest, you maintain the size from both swelling and tissue development. So, we continue to drive the size of the muscle upwards if we: a) tear down the tissue by enhancing the muscle-building process; b) provide just the right amount of rest; c) attack the muscle again with an appropriate volume that it can handle.

This programme delivers the pump-pushing drop set and superset mentality, along with the foundational size-building method of time under tension (TUT). Alternating high- and low-rep sets, increased volume, and short rests provides the pump that make your biceps bulge and triceps terrorise without even flexing.

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# ARM ANATOMY

## BICEPS FORM & FUNCTION

The outer portion of the biceps muscle, also known as the long head, typically sees greater activation the more vertical or pronated your grip is up to the point of performing a hammer-type curling action. The inner head, or the short head, tends to get slightly more activation when the hand is supinated (palms are turned outwards). But truthfully, the more you supinate, the more you activate both heads. It should also be noted that the further your elbow is out in front of you, such as in a preacher curl, the greater emphasis you will place on the short head, while the closer to you, the more your long head will fire. But be aware that the difference between the varying grips, according to the research, is less than 10% in activation patterns and is more influenced by range of motion, elbow position, and the weight being lifted. But in the interest of covering all of our bases and adding variety, we will utilise all variables.

## TRICEPS FORM & FUNCTION

Contrary to popular belief, flaring your elbows out during an exercise is not a bad thing. A fully turned out elbow position is needed just as much as turning them inwards, especially if you want to involve all three heads of the triceps. Isolated dumbbell extensions, when performed with full range of motion, are best for activating the long head. Pushing downwards activates the lateral and medial shorter heads of the triceps, and adding a little outward twist, such as when using a rope, will give you that extra peak contraction.



Phil Heath thrashes triceps with dumbbell skull crushers.

## RULES OF ENGAGEMENT

This programme is split into two segments. The first is the initial three-hour workout (yes, three!), and the second is the ongoing training for the next four to six weeks, or even longer if your arms let you keep going. The rules are simple: follow the first workout to a T and take the appropriate rest, and then throw the rule book in the tin to get down to some serious arm training each and every time arm day cycles around. But before you start, heed the following.

■ **Keep the load on the target muscles by using good exercise mechanics.**

■ **Tame your urge to cheat on reps until you are least 80% of the way through your set.**

■ **Lift lighter loads, focus on the reps, and squeeze tight**

**when you get to the top of every rep.**

**Since the biceps comprises two almost equally functioning muscles, and the triceps are composed of three, it is imperative to target each head in every session.**

**Adopt the mantra that "no one ex-**

**cise is better than another." Why? Because you need them all in order to fully develop every last fibre within your arms. By specifically calling out one exercise over another, you may mistakenly omit something that limits your growth potential.**

## FREAK FACTOR

**Paul Dillet** built some of the freakiest biceps and triceps of all time. He relied on moderate weights, high volume, and a variety of exercises.



PAVEL YTHALL; CHRIS LUND



## PART 1

The first day of this programme is an offshoot of the larger single-day "Inch in 24" routine—and it's ridiculous. You pair one set of both a biceps and triceps exercise every five minutes for three hours. Effectively, you will get 36 sets per side, or 72 sets altogether. You'll then take five to six days off—but no more than seven—before you begin the second part of this programme.

### INITIAL SET-UP DAY

EXERCISE	REPS
First hour, every 5 minutes, 1 set each	
Skull Crusher	12
Standing Cam- bered Bar Curl	12
Second hour, every 5 minutes, 1 set each	
Triceps Pushdown	10
Cable Curl with Straight Bar	10
Third hour, every 5 minutes, 1 set each	
Single-arm Dumbbell Extension	12
Alternating Dumbbell Curl	12

**"NO ONE EXERCISE IS BETTER THAN ANOTHER. **YOU NEED THEM ALL** TO FULLY DEVELOP EVERY LAST FIBRE."**



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## TWICE-WEEKLY WORKOUT

### PART 2

You will hit your arms twice a week. Day 1 will focus more on strength and size. You'll take slightly longer breaks between sets and use heavier weights to help establish that solid foundational muscle and build strong bonds between the connective network and the overall cellular protein structure. The second day will be more about emphasising the peak, developing clean contractions, and focusing on muscle shape. But let's get something straight: neither day should be a walk in the park—light or heavy, your effort should be maxed.

EXERCISE	SET	REPS	REST
<b>DAY 1</b>			
Skull Crusher	4	8	2 min.
Close-grip Bench Press	4	8	2 min.
Dip	4	10	90 sec.
V-bar Triceps Pushdown	4	10	90 sec.
Straight-bar Curl	4	8	2 min.
Preacher Curl	4	8	2 min.
Cable Curl	4	10	90 sec.
Incline Dumbbell Curl	4	10	90 sec.
<b>DAY 2</b>			
One-arm Cable Curl	4	12	90 sec.
Dumbbell One-arm Preacher Curl	4	12	90 sec.
Alternating Dumbbell Hammer Curl	4	15	75 sec.
Cable Rope Curl	4	15	75 sec.
Dumbbell Skull Crusher	4	12	90 sec.
Rope Triceps Pushdown	4	12	90 sec.
One-arm Dumbbell Overhead Extension	4	15	75 sec.
One-arm Reverse Cable Pushdown	4	15	75 sec.



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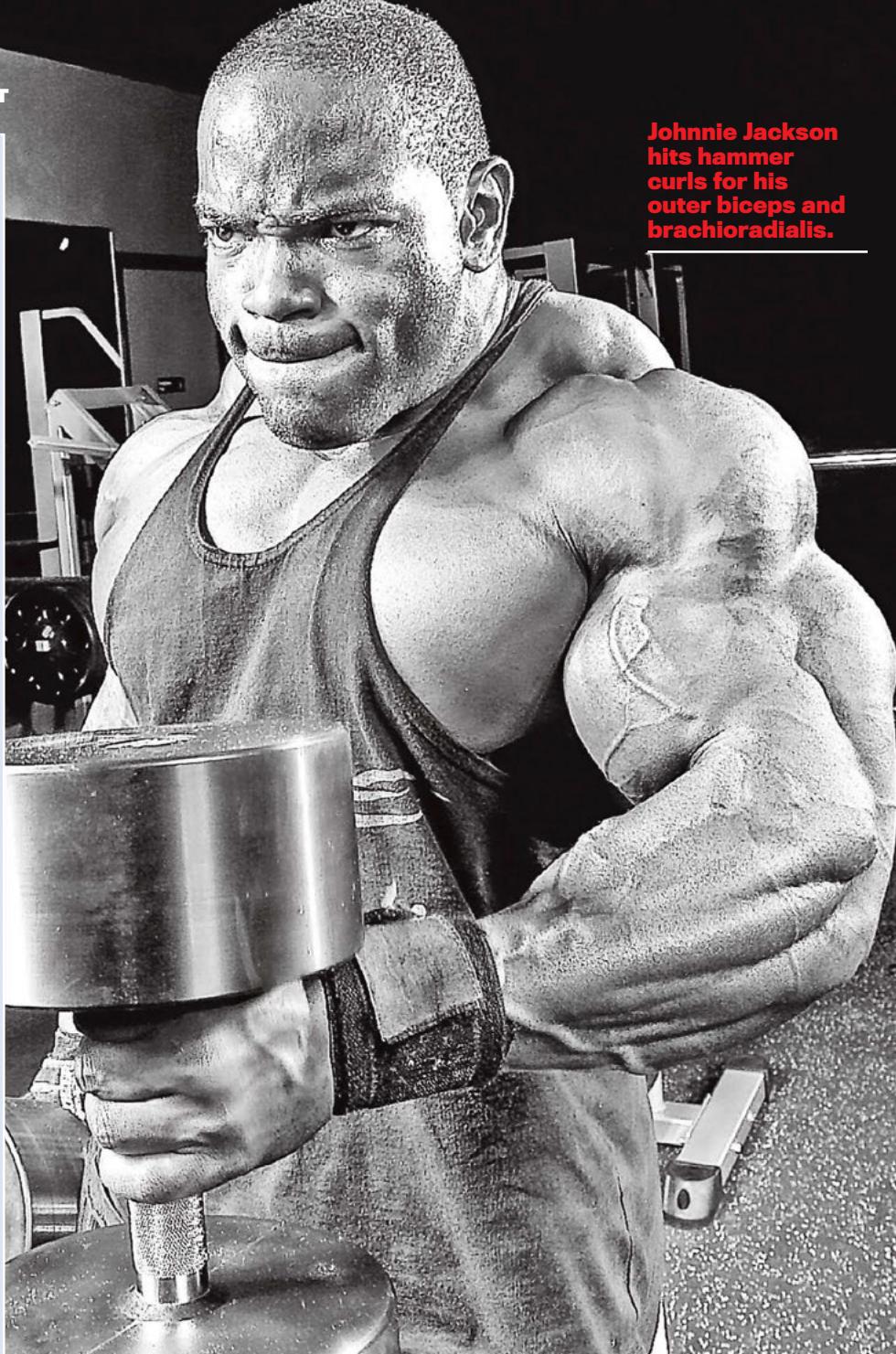
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## FILL THE TANK

One other key factor that should not be overlooked when trying to build gargantuan guns is your nutrition. Be sure to have adequate, if not copious, amounts of amino acids and protein before, during, after, and daily while you hit the weights with fury. On the initial workout of this programme, mix at least 15–20 g of BCAAs, as well as an additional 5–10 g of glutamine into a huge water bottle and sip throughout your workout. If you can stomach 60–80 g of total protein over the course of the workout, that may be a good option instead. Also, don't be afraid to take an extra scoop of creatine daily, as your muscles will benefit from added energy, more rapid recovery, and internal holding of vital liquids and nutrients. Don't try to do this programme while drastically cutting weight for competition. You will need your strength and energy. **FLEX**



**Johnnie Jackson**  
hits hammer  
curls for his  
outer biceps and  
brachioradialis.

**“KEEP THE LOAD ON THE TARGET MUSCLES.”**



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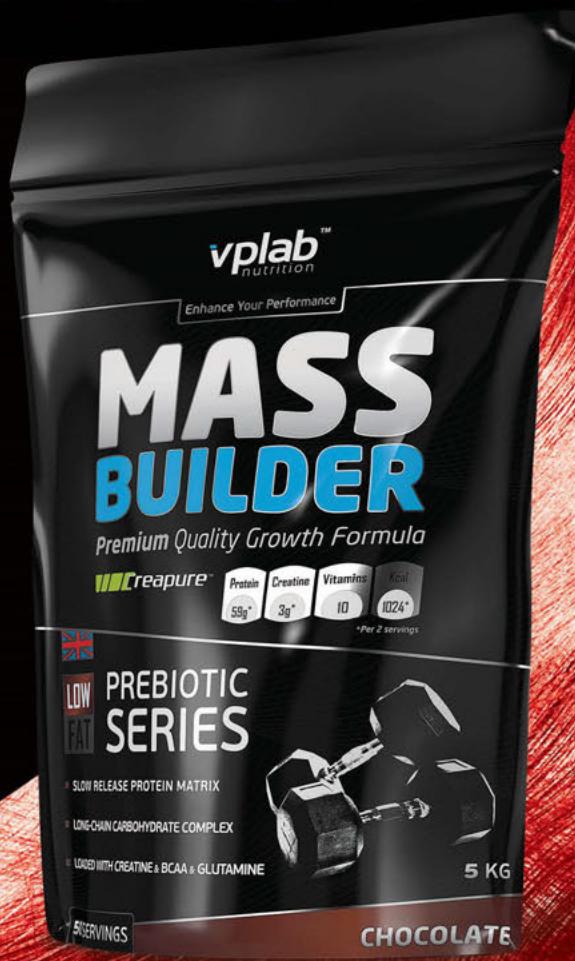
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# THE EDUCATION OF

BY GREG MERRITT PHOTOGRAPHS BY CHARLES LOWTHIAN

# EDUARDO

These lessons learned by **Eduardo Correa** helped him finish second in the 2014 Olympia 212 Showdown



**Second is the cruellest spot.** It seems to taunt and tempt. "You should've won!" "Next time that title will be yours!" "They'll never let you win!" Hopes and fears do battle. Kai Greene knows this. And now Eduardo Correa is learning it, too. After his second in last year's Olympia 212 Showdown, he's obsessed with climbing that final, treacherous stretch to the summit. It has been a long journey, and this Brazilian bodybuilder has learned many lessons along the way. We look back at the study courses that impacted on Correa's remarkable rise to second-best 212 competitor in the world—the ones he hopes will fuel his rise to No. 1.



## GEOGRAPHY

Located both on the mainland and an adjoining island, Florianópolis is an idyllic city on the southern coast of Brazil noted for its plethora of white-sand beaches, its world-class surfing, and its vibrant club scene. It seems more conducive to sipping caipirinhas on a chaise longue than downing whey shakes and going to war with heavy metal. But, aside from a few years in Miami, this has always been the home of Eduardo Correa. And representing his native city and country is today one of his prime motivations.

## HISTORY

Futebol—or football—is not just the national sport of Brazil—it's the national obsession. The younger of two boys, Correa excelled at football and earned his way onto a prestigious teenage team. When he began toiling with weights to improve his fitness, he quickly realised he liked barbells more than footballs. Naturally strong, he competed as a powerlifter. And, when his rapidly expanding musculature slowed his quickness, he gave up the football pitch for the gym. At 19, he entered and won his first bodybuilding contest, and his future came into focus.

By his mid-20s, Correa was racing up the IFBB amateur rankings. In 2006, he won the middleweight class of the South American Championships and placed second in the World Championships. The following year, at 26, he became middleweight IFBB world champ. And in 2008, he won the Arnold Classic Amateur light-heavy division. Still, he had yet to register on most radar screens. Off the top of your head, can you name last year's middleweight world champ or light-heavy Arnold Amateur victor? Didn't think so.

That's why Correa seemed to appear out of nowhere when he won his 202 pro debut in 2009 and went on to finish third in that year's Olympia 202 Showdown. It was the first of three Olympia 202 or 212 third places for Correa, who is one of the world's most consistently conditioned bodybuilders. Valiantly posing with a torn triceps, he slipped to fifth in 2013. But he charged into the 212 O runner-up spot last year, pushing Flex Lewis to the brink with



his trademark combination of upper-body density and high-def detailing.

#### PHYSICS

Despite his youthful foray into powerlifting, hoisting the heaviest metal was never a priority for Correa. From the beginning, weights were only a means to an end. He wanted to be a bodybuilder. "Don't worry about the amount of weight," he says. "Keep the focus on getting a full stretch and contraction. Your strength will improve with time." His reps vary, depending on the exercise, but he almost never goes under 10, and he sometimes goes as high as 20 on a routine's final set.

As for the three power lifts, typically the only one Correa still does with a barbell is the squat. But you would never confuse this with a "power lift". He prefers to squat (for sets of 12) last in his quad routine, after his legs are pre-exhausted with other exercises. This limits the number of plates he can use, and allows him to better target his quads. He does bench presses with dumbbells or

a machine (for sets of 12 to 15). And, because his back depth is superb, he seldom needs to deadlift. Nevertheless, he explains the "bodybuilder way" of pulling deads, which helped thicken his rear shots nearly seven years ago. "Too many people just pull," he says. "I always focus on contracting my scapulas back from start to finish to better target my inner back."

#### GEOMETRY

When you look at Correa's workout routines, one of the first things that jumps out is the variety with which he attacks muscles. He does six exercises for his superb back, and they're a diverse lot: two types of pulldowns, T-bar rows, one-arm dumbbell rows, machine rows, and pullovers. For biceps and triceps, he does four exercises each, and again the lifts selected are about as varied as possible. In targeting both sides of his arms, he uses dumbbells, an EZ-curl bar, a cable, and—for triceps—dipping bars. "A common mistake is choosing exercises that are too similar," he says. "If you want

**"TIME IS THE ABSOLUTE MOST IMPORTANT COMPONENT IN BODYBUILDING."**

to bring out all the qualities of body parts, you have to work them with a wide variety of exercises."

In addition to a high volume of exercises, Correa also switches those lifts and their order on a regular basis. Ask him his workout one month and it may be completely different than it was the month before. Another thing he does to alter the geometrical angles hit by exercises is regularly change his grip (for upper-body exercises) or stance (for leg exercises). For example, he might do machine rows with an overhand grip one workout, a parallel grip the next, and an underhand grip the third workout. Each variation allows him to stress his muscles in slightly different ways.

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## CORREA'S BICEPS ROUTINE

EXERCISE	SETS	REPS
Alternating Dumbbell Curl	3	10
EZ-bar Preacher Curl	2	10
Concentration Curl	2	10
Rope Hammer Curl	3	12

## CORREA'S TRICEPS ROUTINE

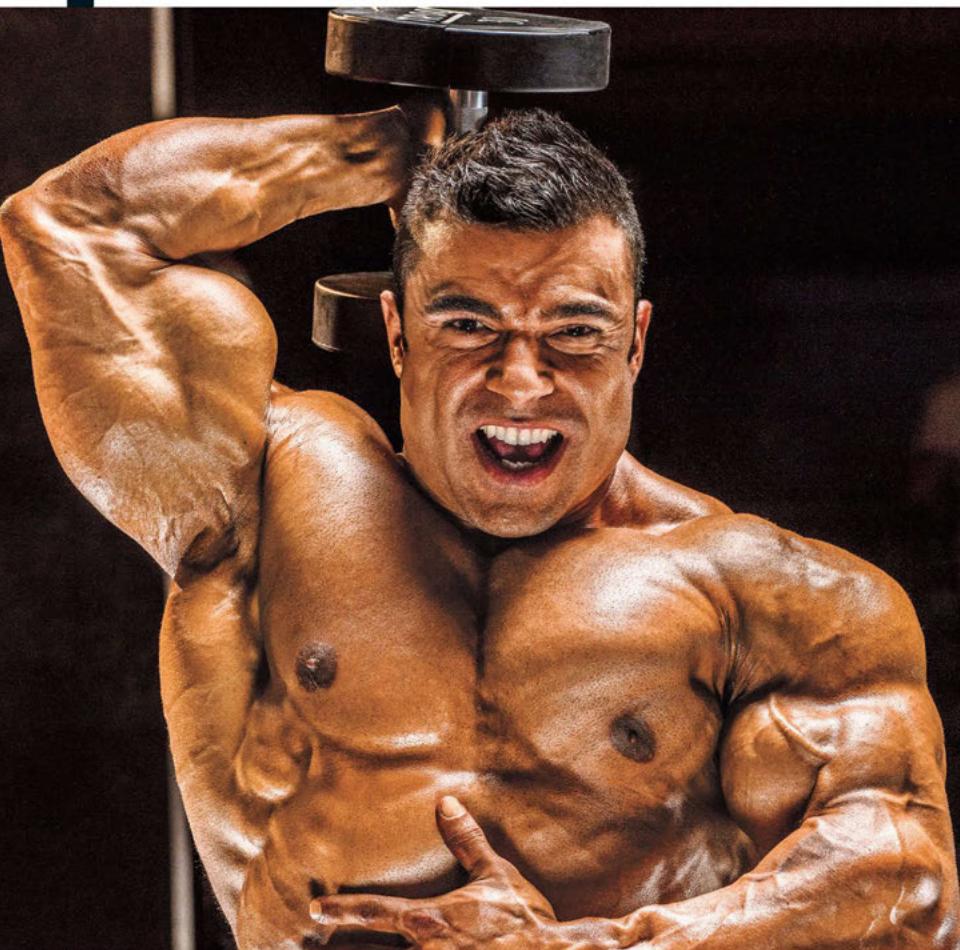
EXERCISE	SETS	REPS
Pushdown	3	12
Lying Triceps Extension	3	10
One-arm Dumbbell Extension	2	10
Dip	2	15

## CORREA'S TRAINING SPLIT

DAY 1	Legs
DAY 2	Chest, Biceps
DAY 3	Off
DAY 4	Back
DAY 5	Legs
DAY 6	Shoulders, Triceps
DAY 7	Off

**“DON’T WORRY ABOUT THE AMOUNT OF WEIGHT. FOCUS ON GETTING A FULL STRETCH AND CONTRACTION.”**





## BIOLOGY

"One of my favourite statements is you can buy the best food, supplements, and equipment, but the one thing you can't buy is time," the world's No. 2 212 bodybuilder states. "And time is the absolute most important component in bodybuilding." It's a basic biological lesson. Your muscles don't want to grow rapidly—at least after those first months of beginner's gains (and assuming your nickname isn't "Big Ramy"). Correa may have been an overnight sensation in 2009, but in actuality it was 11 years from his first real workout to his pro debut victory—11 years of muscle-making meals and workouts, over and over again, day after day, year after year.

The other biological lesson that all bodybuilders learn is that not all muscles grow at the same rate. For

Correa, his lower half trails his upper half. (This is in regards only to size. Come contest days, his legs are every bit as sushi-sliced as the rest of him.) Correa combats this by placing special emphasis on his weaknesses. He trains his legs twice as frequently as his other body parts, sometimes hitting his hamstrings and quads separately, each twice weekly, and sometimes (as in the split included here) working them together in two weekly workouts.

## HEALTH

Two weeks before the 2013 Olympia 212 Showdown, Correa was doing the final forced rep of shoulder presses in a Las Vegas gym when he felt a sharp pain in his left elbow. A triceps tendon had snapped. It was excruciating, and yet, unwilling to let

his fans and support team down, he gathered the will to compete in the 212 O with a freshly torn tri. "I was the happiest man in the world then," Correa says of that contest, "because I knew being on stage at that moment under those circumstances was already a victory."

Three weeks after the Olympia, Correa underwent surgery to repair the severed tendon. Then he began the long process of rehabilitation. "Reestablishing the confidence I had before and truly believing I could succeed was the most difficult part," he confesses. As he endured gruelling sessions with physiotherapists, he rethought everything. He now places a greater emphasis on stretching, warm-ups, and listening to his body's feedback from rep to rep. "I had to learn how to focus on more efficient ways of training and recovering," he says. "But the most important thing is listening to your body so you know when to push for that extra rep and when to back off."

## ART APPRECIATION

When you behold Correa's contest physique, two things stand out—the high-def detailing and the 3-D depth. "I find that mind-to-muscle connection helps me bring out the quality of the muscles," he says. "And getting that, like a lot of things, takes time. You have to work at it. You have to consciously think about the muscles or areas of muscles you want to target when you do each exercise. Forget about the weight's movement. Focus on the tension."

Correa places a special emphasis on contractions. For example, when he does dumbbell shrugs, he'll hold each contraction (when his shoulders are at their highest) for two seconds. He'll do the same on reps of cable crossovers, pausing and tensing when the handles come together and also visualising himself crunching a most muscular. Flexing against resistance stimulates more muscle fibres, and it further strengthens the mind/muscle connection.

**"IT'S VERY IMPORTANT FOR ME TO WIN THAT TITLE [OLYMPIA 212 SHOWDOWN] FOR THE PEOPLE OF BRAZIL. THAT'S WHAT DRIVES ME NOW."**



### CALCULUS

When it comes to Correa's pre-judging shape, the diet devised by nutritionist Chris Aceto is the most important component. But contest conditioning is always an equation of diet plus weight training plus cardio. And the factors in that calculation will change, perhaps just subtly, from contest to contest and from day to day. Precontest, Correa reduces his rest periods between sets to elevate his metabolism. But it's a fine balance, because he never wants his weights to drop to under 85% of what he uses in the off-season. To maintain his trademark density, he needs to continue moving maximum weights in the 10- to 15-rep range. Therefore, Aceto recommends cycling rest periods, alternating two weeks of reduced rest periods with two weeks of normal rest periods.

Another Aceto precontest rule is never to train more than three consecutive days. Typically, Correa applies this to both the off-season and precontest. And, unless he really needs to boost fat burning, he avoids cardio as well as weight training on those off days. A cardio-free "holiday" on at least every fourth day helps maintain his metabolic rate and hormonal levels, which, in turn, keeps his muscles fully inflated. Meanwhile, he uses his diet and (on training days) high-intensity interval cardio to peel away the last vestiges of fat. It's a formula that has worked spectacularly during this Brazilian's first six years in the IFBB Pro League.

After last September's Olympia 212 Showdown runner-up finish, when many thought he should've won, Correa has emerged as the greatest threat to Flex Lewis' 212 O reign. "It's very important for me to win that title for the people of Brazil," he says. "That's what drives me now." Workout after workout, Eduardo Correa is applying the lessons he's learned during his bodybuilding journey in order to be at his all-time best at the next Olympia 212 Showdown. That will be his ultimate test. **FLEX**

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# THE IMPOSSIBLE DREAM





Last year, bikini fitness star **Nikola Weiterova** thought just competing at the Olympia would be an insurmountable challenge. Now, after her debut, she's aiming for the top five.

BY **Matt Turner**

PHOTOGRAPHY BY **Ivan Pavlisko**

**T**he bikini fitness category might be exploding in popularity all over the planet, but in the pro ranks it's mainly American talent that's dominating at the big shows. In the five years of the Bikini Olympia, only one non-American has ever made the top six—the Brazilian-born 2012 champion Nathalia Melo—and even she was living in the United States at the time.

So it's good to see new talent emerging from Europe to challenge this American dominance. Few have made a bigger impression worldwide than stunning Slovakian Nikola Weiterova.

A former dance champion, Weiterova burst onto the bodybuilding scene in 2011 when she won the IFBB European Championships, Arnold Classic Europe and IFBB World Championships. In 2012

she earned her pro card after winning her height class at the Arnold Classic in Ohio.

Last year she made her Olympia debut and although she didn't make the top 15, Weiterova did not look out of place among the world's hottest bikini bodies. Considering she only discovered she had qualified—through the points system—just weeks before the show, she



66 All my life I have been more muscular than other girls and my butt has been curvier 99



did a great job of getting in shape.

Weiterova is now enjoying her first offseason in two years before aiming to make the Olympia again. This time she wants to bring her best ever package to the stage and if she does, she could be a threat to anyone.

We caught up with the Bratislava-born beauty to discover how she's built her bikini body.

**FLEX: When did you first get into training?**

**NIKOLA WEITEROVA:** I started in 2011. I used to be a dancer and won Miss Dance Slovakia in 2010. All my life I have been more muscular than other girls and my butt has been curvier. When I gave up dancing I started to work out to maintain my physique and see if I could improve it a little.

**How did you get into competing?**

I started working with a personal trainer, Pavol Korpas, who was a competitor himself. He saw that I was making some really good progress very quickly and so he asked me if I would like to try out the bikini fitness category that had just been introduced in Europe. I said yes, why not? My first show was the Grand Prix in Slovakia, which was a qualifier for the European Championships. From there I won every time I stepped on stage in an amateur show, including the Amateur World Championships, Arnold Classic Europe and Arnold Classic in Ohio. That's where I won my pro card in 2012. Since then I've been lucky enough to compete on the biggest pro stage of all.

**How did you find the Olympia?**

The Olympia was a dream. For me, as a European from a very small country, I thought it was impossible to get there. I'd been working hard in the pro league for two years to get to Vegas. I eventually got my Olympia nomination through the points system but only found out that I could compete three and a half weeks before the show. I was in the middle of an offseason because I didn't think I'd be going. But I'm not the kind of person to give up so I decided to go for it. The short preparation period I had was absolutely crazy. I trained three times a day, desperate to do my best. I have to say, I wasn't in my best shape because of the short time I had to get ready but I was just very happy to be there. It was a great experience and now I know it's possible, I'm determined to be there again, in my best shape ever. That's my new goal.

**What are your plans for next year?**

First of all, I need a rest. I've been competing for four years and done about 27 shows. My first offseason in that time was cut short by the Olympia! I've only had about two months off in all that time. Now I'm finally enjoying a proper offseason. I'm planning to try my luck around May-June. I think my first show of the year will be the Dennis James Classic.

**Is the bikini category very popular in Slovakia?**

It's more than just popular, it seems like



---

**NIKOLA WEITEROVA**

---

Age: **23**

Birthplace: **Bratislava, Slovakia**

Lives: **Bratislava**

Height: **170 cm (5 ft 7 ins)**

Contest weight: **55 kg (121 lbs)**

Offseason weight: **59 kg (130 lbs)**

Career highlights: **Qualifying for the Olympia, winning the Amateur Arnold Classic Europe and winning the World Amateur Championships**

Ambition: **To make the top five at the Olympia and mentor other competitors**

Training advice: **Do supersets!**

Sponsors: **Amix Nutrition**

Contact: **Facebook—Nikola Weiterova IFBB Bikini Pro; Instagram—@nikolaweiterova**

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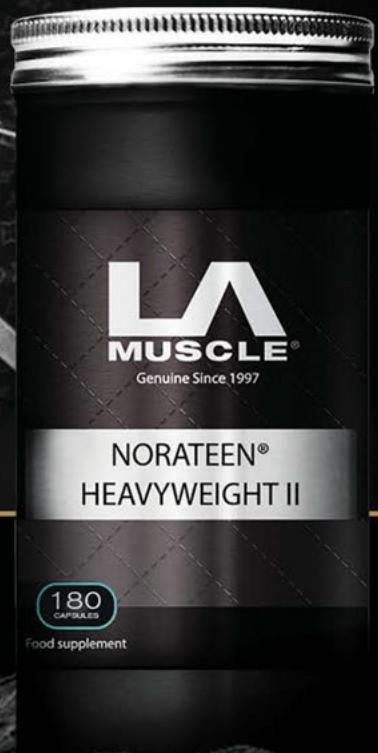


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66 My favourite workout is to do supersets of squats and lunges 99

every girl wants to try it. It's great because everyone needs to do more than just sit on the sofa. I'm working with a lot of clients online in Slovakia and all over the world now. It's amazing how it has taken off.

**What makes a good bikini competitor?**

It's a mix of hard work, hard training, dieting, a healthy lifestyle, beauty, femininity, sex appeal, stage presentation, physique—there's something for everyone, which is why it's so popular.

Finding the right balance between all those things is what makes the best athletes.

**How do you train for all that?**

This is a question I never know how to answer! My training plan depends entirely on how much time I've got before a contest, the shape I'm in and a lot of other things. Most of the time, I work out four or five times a week, doing a lot of supersets. My split is usually something like: Monday—back, chest and triceps; Wednesday—shoulders, biceps, abs and so on. I'll then do interval cardio after every workout for about 20 minutes. If I'm closer to a contest I'll do a bit more cardio. Like I said, everything is dependent on where I'm at.

**Do you do any steady state cardio?**

Not any more! It's all about HIIT, no more two hours of cardio for me!

**What's your favourite body part to train?**

I used to hate it but now I love training legs and butt. My favourite workout is to do supersets of squats and lunges—it's painful but it really works. I really like supersets because you use a lot of energy for just one set, your heart works faster and you get your pulse pumping. For me, it's the best way to lose weight.

**What body part are you most proud of?**

I've always had a very nice six-pack, but bikini is more about having a nice butt so I've worked really hard on that. It's not perfect, but I can say I'm most proud of my butt because I've worked hard for it.

### **What is your diet like?**

I'm never hungry. I eat five times a day, all healthy, clean foods to give my body everything it needs—vitamins, minerals, energy. I try to keep a good balance between carbs and proteins and get plenty of good fats—omega 3, 6 and 9 and so on. When I started out I made the same mistake a lot of people make when trying to lose weight. I cut out carbs, did a lot of cardio and didn't eat any fats or salt. Now my diet is totally different. I have oils, nuts, carbs, lots of veg, fruit and of course, meat and eggs. I wouldn't call it a diet any more—it's a lifestyle. I eat the same way all year round, I just cut back on portion sizes a little pre-contest.

### **Do you have cheat meals?**

I'll normally have a cheat meal once or twice a week to keep my metabolism working properly. Offseason I'll treat myself twice a week, normally a nice breakfast or lunch. During contest prep I'll still have something once a week, as long as I'm making good progress and looking good.

### **What's your favourite cheat food?**

I love my granny's home-made food. It's great soul food. Once every couple of months I'll also have a craving for pizza or burgers but my biggest obsession is ice cream. That's my cheat meal most of the time.

### **Do you take any supplements?**

I use all the usual stuff like whey protein, casein, BCAAs, glutamine, fat burners, CLA, omega-3s and multivitamins. **FLEX**

## **NIKOLA'S LEG WORKOUT**

EXERCISE	SETS	REPS
Squat on multipress <i>superset with</i>	5	20
Back lunge on multipress	5	15 per leg
Lying leg curl <i>superset with</i>	5	20
Deadlift	5	20
Plyometric jump squat <i>superset with</i>	4	20
Side lunge	4	15 per leg

Nikola starts her session with a 5-7-minute cardio warm-up and finishes with 15 minutes of HIIT cardio.



# GET BIG ON A BUDGET

## THE BEST FOODS TO HELP YOU GROW ON LESS

noodles a lunch staple, there's a way you can still embrace your inner carnivore while keeping your food bill under control. How? **By moving away from expensive proteins and turning instead to more budget-friendly ones.** Here's how to stretch your cash so you can get all the protein you can stomach without breaking the bank.

### SAVE BIG WITH

## TINNED SARDINES

In any given supermarket you can probably cast your line for an own-brand tin of sardines for **less than 50p.** The upshot is that the tiny swimmers offer fantastic nutritional value for the cost. Not only are sustainable sardines **jam-packed with protein and muscle-friendly omega-3 fats,** they're also a good source of vitamin D. A recent study in the *Journal of Medicine and Science in Sport* found that higher intakes of vitamin D are



associated with improved muscular strength. What's more, Harvard researchers determined that vitamin D can help bolster testosterone levels.



SAVE BIG WITH

## BONE-IN PORK CHOPS

These will set you back less than ~~£6 per kilo~~, and they're more delicious than chicken breast. Preparing meats like pork with the bone still intact only serves to infuse the cooked meat with more flavour. On top of the protein—15 grams in each 85 g serving—~~pork chops are a stellar source of vitamin B12~~, to keep your nervous system in tip-top shape. For a meal that doesn't taste like shoe leather, start by searing your chops in an ovenproof pan over medium-high heat for three minutes. Flip and immediately transfer from the pan to an oven heated to 200°C. Roast until the pork chops register 60–63° in the thickest part of the meat with an instant-read thermometer, about five to 10 minutes depending on thickness. Let rest five minutes before serving.

**PORK CHOPS, AKA THE OTHER WHITE MEAT, ARE A GOOD SOURCE OF VITAMIN B12 AND PROTEIN.**



**MUSSELS ARE A SURPRISING SOURCE OF CHEAP PROTEIN WITH THE SAME AMOUNT OF OMEGA-3 FATTY ACIDS PRESENT IN MORE COSTLY SALMON.**

**SAVE BIG WITH**

## **MUSSELS**

If you want to build muscles at a low cost, then make sure to reel in mussels from the fishmonger. At less than **£4 per kilo**, they offer a fantastically cheap source of protein. They're also a surprising source of the same omega-3 fatty acids present in more costly salmon. A number of studies suggest that consuming higher amounts of these **mega-healthy fats can reduce muscle soreness** in response to a Herculean workout. Even better is how easy mussels are to prepare. Simply place mussels in a large pan and steam them in a small amount of simmering liquid such as stock, beer, or coconut milk until they pop open, which takes only about five minutes.

**SAVE  
BIG  
WITH**

## **BEEF HEART**

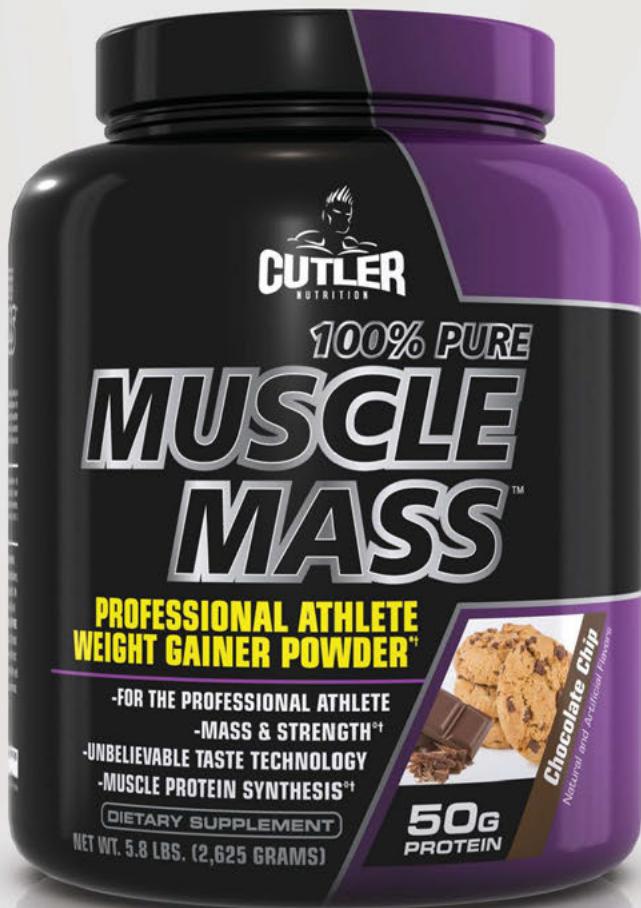
If you want to trim your food bill, it's time to eat your heart out. Because it's technically a muscle meat, Paleo-worthy heart meat is similar in taste and texture to more common cuts of steak and can be substituted for them in most recipes. Sliced beef heart is available from supermarkets for around **£4 per kilo**. Preparing beef heart for cooking is as simple as slicing off any fat and connective tissue. Since beef heart is so lean, it's best sliced thin and cooked fast such as in a stir-fry and not past medium-rare. Also try sliding cubes of heart on skewers for a fresh approach to kebabs. Cold slices of cooked heart are also an **offal-y** good addition to sandwiches and salads to pump up the protein.

**SAVE BIG WITH**

## **DRY LENTILS**

Any mass hound should include some plant-based protein in his diet. And there's no better place to look than ridiculously cheap dry lentils. With a benevolent price tag of less than **£2 per kilo**, lentils are nutritional overachievers that deliver a wide range of vital nutrients including protein (13 grams in a 50 gram dry serving), complex carbohydrates, B vitamins, and dietary fibre. By helping control blood sugar levels, **a high-fibre diet can make it easier for you to shed the fat**. Unlike dried beans, lentils do not require pre-soaking before cooking. Simply simmer dried green or brown lentils in a pan of water until tender, about 20 minutes.

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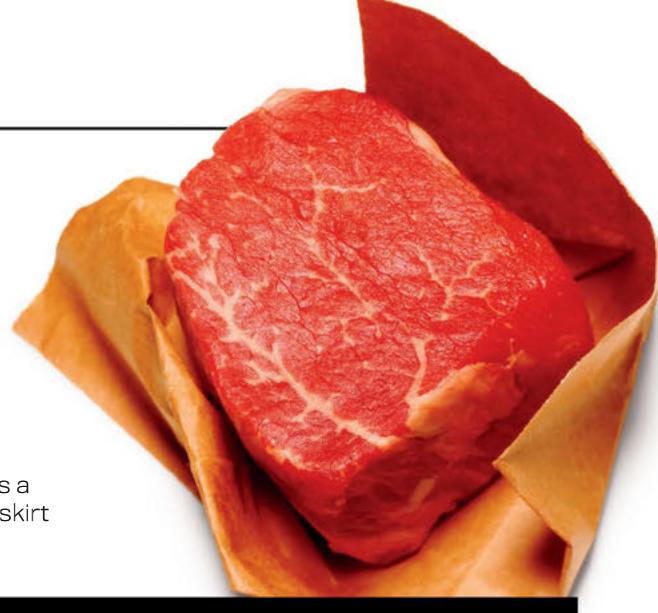
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SAVE BIG WITH

## SILVERSIDE

For many bodybuilders, beef is sacrosanct as an edible means to sculpting granite-dense muscle. But choose cuts like rib eye, T-bone, or tenderloin, and you may lose your appetite when you see the price. So why not seek out less pricey cuts that may not find a place on the menus of fancy-pants restaurants but still deliver great flavour and a protein windfall? Costing around **£11 per kilo**, often-overlooked silverside has nice beefy flavour and makes a tasty pot roast. As one of the leaner beef options, silverside also delivers a stellar **6-to-1 protein-to-fat ratio**. Other frugal cuts include skirt steak, flank, and brisket.



SAVE BIG WITH



## EGGS

At about **20p each**, eggs offer an unbeatable source of cheap protein. In fact, the quality of protein in eggs is so high that it's often used as the standard for evaluating the protein quality of other foods. So it should come as no big surprise that a recent study published in the journal *Nutrition Today* reported that the **high-quality protein** in eggs can make a valuable contribution to building muscle mass, strength, and power.

But to take full advantage of eggs' low-cost protein, you should think beyond breakfast. They can substitute for meats at lunch and dinner, as well. Think egg tacos, frittatas, or poached eggs over a stack of steamed asparagus. Or stash hard-boiled eggs in the office fridge for a protein-packed snack.

**THE PROTEIN IN EGGS IS SO HIGH THAT IT IS OFTEN USED AS THE STANDARD FOR EVALUATING THE PROTEIN QUALITY OF OTHER FOODS.**



# I want more from each workout

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**SAVE BIG WITH**

# WHOLE CHICKEN

Adding a whole chicken to your shopping trolley is a surefire way to load up on big-time amounts of cost-effective protein. Gram for gram, a whole chicken **costs less than any other cut of poultry** in the meat aisle. Case in point: chicken breast fillets ring in at about **£7 per kilo**, whereas you can score a whole bird for less than **£3 per kilo**. Best of all, the juicy meat (read: no more bland chicken breasts) can serve as the backbone for several different quick meals, such as sandwiches, tacos, pasta dishes, chilli and salads, during a busy working week. Consider roasting one or two on a lazy Sunday afternoon and reap the rewards all week long. To save even more money, use the carcass to make your own chicken stock.



## CHICKEN CAN SERVE AS THE BACKBONE FOR SEVERAL MEALS DURING THE WEEK.

### SAVE MORE

Try these money-saving tips and tricks to slash your food bill even more.

**NO LOGO** Why pay more for well-marketed national brands when supermarket own brands of everything from pasta sauce to frozen vegetables and tinned fish offer a cost advantage?

**TALK IT UP** Get to know your greengrocer, butcher, and fishmonger. They can tell you when the prices of perfectly edible foods are most likely to be slashed for a quick sale as they approach their "sell-by" date.

**THINK BIG** Look for meats like chicken thighs that are sold in family-size packs. Often costing less per pound, they can be kept in the freezer for up to six months. But it's best to divide the meat into

individual servings before freezing.

**SUBZERO HEROES** Buying some of your out-of-season vegetables and fruits from the frozen-food section can offer a considerable cost saving compared with purchasing fresh versions.

**HELPING HANDS** If you're home alone, consider pairing up with some other muscle men and split items that can be purchased in large

quantities such as bags of potatoes. You'll waste less and revel in the cost savings of buying in bulk.

### WATCH OUT FOR GREEN WASHING

Food labels such as "free range" and "all natural" often raise the price tag. Sadly, however, these nebulous terms too often lack any real muscle and are not worth the extra cost. Do your label reading research! **FLEX**



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**COMING  
SOON**





# ABSOLUTE LEG ANNIHILATION

**212-AND-UNDER  
FRONT-RUNNER  
BAITO ABBASPOUR  
THRASHES LEGS**

The decision to move from the open division to the 212-and-under class proved to be a wise choice for IFBB pro Baitollah Abbaspour. The Iranian gym owner and personal trainer entered a marathon of eight contests from April to October 2014, and he placed in the top five in all but one show. But his most impressive feat from last year was taking fifth at the Olympia 212 Showdown—a vast improvement from his 16th-place finish at the 2013 Mr Olympia competition. At 5'4" and 209 pounds onstage, it's Abbaspour's shredded mass and eye-popping wheels that enable him to edge out opponents who might otherwise be considered structurally superior.

BY TONY MONCHINSKI PHOTOGRAPHS BY PER BERNAL





The Menace



# WHAT REALLY STANDS OUT

about Abbaspour, however, is what he stands up on his legs. The mass, separation, and detail of Abbaspour's lower body are mind-boggling. Deep separations run up and down his quads, including pronounced splits in the middle of his vastus intermedius (the meaty muscle running the length of the thigh when viewed from the front). His vastus lateralis (the outer thigh muscle) looks like it was slapped onto the side of his leg by an overzealous sculptor. From the rear the crazy train continues: shredded glutes over gnarly, hanging hamstrings. Here's how he does it.



## MACHINE SQUAT

Early in his career, like many guys with freakish legs, Abbaspour relied heavily on free-weight squats to build up his lower body. While barbell back squats still find their way into his workouts, he prefers the safety and predictability of machine squats. Here he is shown doing the plate-loaded machine, but he will use the Smith machine as well. He pyramids up with the weight, starting with 15 reps, then gradually decreases that number as he works up to a last, max set of two reps.

ABSOLUTE LEG ANNIHILATION



## LEG PRESS

Abbaspour's go-to mass builders are the machine squat and leg press. Clearly, his powerful lower half provides him with the ability to pile on a tremendous amount of weight. However, executing smooth reps using a full range of motion tops all else.



\* October 2011 and June 2012 issues

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## ABSOLUTE LEG ANNIHILATION



## HACK SQUAT

This exercise is not listed in his workout chart, but when Abbaspour does it, it usually follows his main mass-building exercise.

While visiting Bev Francis' Powerhouse Gym—where these photos were taken—he had access to a range and variety of equipment not easily found anywhere else. Naturally, he made his rounds to take advantage of the unique opportunity.



## THIGH ADDUCTOR MACHINE

Abbaspour uses two sets of 10 reps on the adductor machine to help him fill out his inner thighs. (not pictured)

## STIFF-LEG DEADLIFT

Abbaspour lowers the barbell to the floor, stretching his hams and glutes before standing just short of straight to keep tension on the backs of his legs. He will go as high as 20 reps. (not pictured)

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## ABSOLUTE LEG ANNIHILATION



## ABBASPOUR'S WORKOUT SPLIT

SUNDAY	Chest and Triceps
MONDAY	Shoulders and Biceps
TUESDAY	Back and Traps
WEDNESDAY	Off
THURSDAY	Legs
FRIDAY	Off
SATURDAY	Off



## LEG CURL

Abbaspour is shown on this page doing both the lying leg curl and the one-leg standing version, but he also does a variation with a pulley that is rarely seen. He lowers a pulley attachment to the floor and hooks a padded sleeve onto the carabiner. He faces the apparatus, pulls his leg back, and curls it upwards. Whichever type of leg curl he's doing, he executes high reps and squeezes the muscle at the apex of the movement.

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# LEG EXTENSION

Just when he'd done nine sets for quads and 11 sets for hams, you might think it'd be time to call it quits. But Abbaspour isn't finished, and he returns to quads. Again, he's pictured doing the standard two-leg version, but Abbaspour has his own version he'll employ from time to time: he'll turn his back to the cable crossover machine and slip his ankle through the padded sleeve for single-leg standing cable leg extensions. This time he extends his leg forwards, squeezing the quad muscles. Left leg, then right. Since this is another exercise you really don't need to go heavy on, Abbaspour focuses on the burn and does sets of 20 reps.



## ABBASPOUR'S LEG ROUTINE

EXERCISE	SETS	REPS
Lunge	Warm-up	15 min.
Machine Squat*	7	15-2
Thigh Adductor Machine	2	10
Butt Blaster Machine	4	12-8
Stiff-leg Deadlift	4	20
Leg Curl	4	20
Leg Extension	4	20
Dumbbell Side Lunge	4	15

\*Alternate with leg press.



## SIDE LUNGE

This move resembles a squatting leg-out adductor stretch: hold a pair of dumbbells at your sides with feet shoulder-width apart. Keep one foot grounded and take a wide lateral step with the other foot; perform a squat while straightening the stationary leg. The glutes and thigh adductors are the primary targets, with a secondary focus on the quads and hams. (not pictured)



# “I'M JACK3D!”

- ANTHONY THOMAS // TEAM USPLABS ATHLETE\*



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## THE FUTURE

You might think that with a lower body as well-developed and defined as Abbaspour's, legs would be his favourite body part to train. They're not. "I really enjoy training arms and shoulders," he admits.

And after his breakout year in the 212 division, Abbaspour intends to drastically scale back the number of times he'll compete in 2015. As it stands, he has plans to enter only one show. That said, his coach, Mohammad Komasi, isn't willing to confirm that. "He might do the Tampa Pro because it's one of the last contests before the Olympia," he says. **FLEX**



## ABBASPOUR'S TYPICAL DAILY OFF-SEASON MEAL PLAN

### Meal 1\*

200g chicken, 50g oats, 4 eggs, 150g salad with cucumbers and tomatoes, protein shake

### Meal 2

20 olives, 2 apples, 200g chicken, 200g pasta, 200g cooked vegetables, 5ml olive oil

### Meal 3

150g cooked Iranian white rice, 2 tomatoes, 300g yogurt, 5ml olive oil

### Meal 4

300g fish, 2 potatoes, 200g cooked green vegetables, 50g almonds

### Meal 5

250g ostrich meat, 100g pasta, 1 banana, 150g salad with cucumbers

### Meal 6

Low-fat burger on two slices of toasted oat bread, 150g yogurt, 150g cooked vegetables, protein shake

\*After his first and fourth meals and after training, Abbaspour consumes 10 BCAA caps with a meal replacement shake and glutamine. Before training he takes an NO booster.

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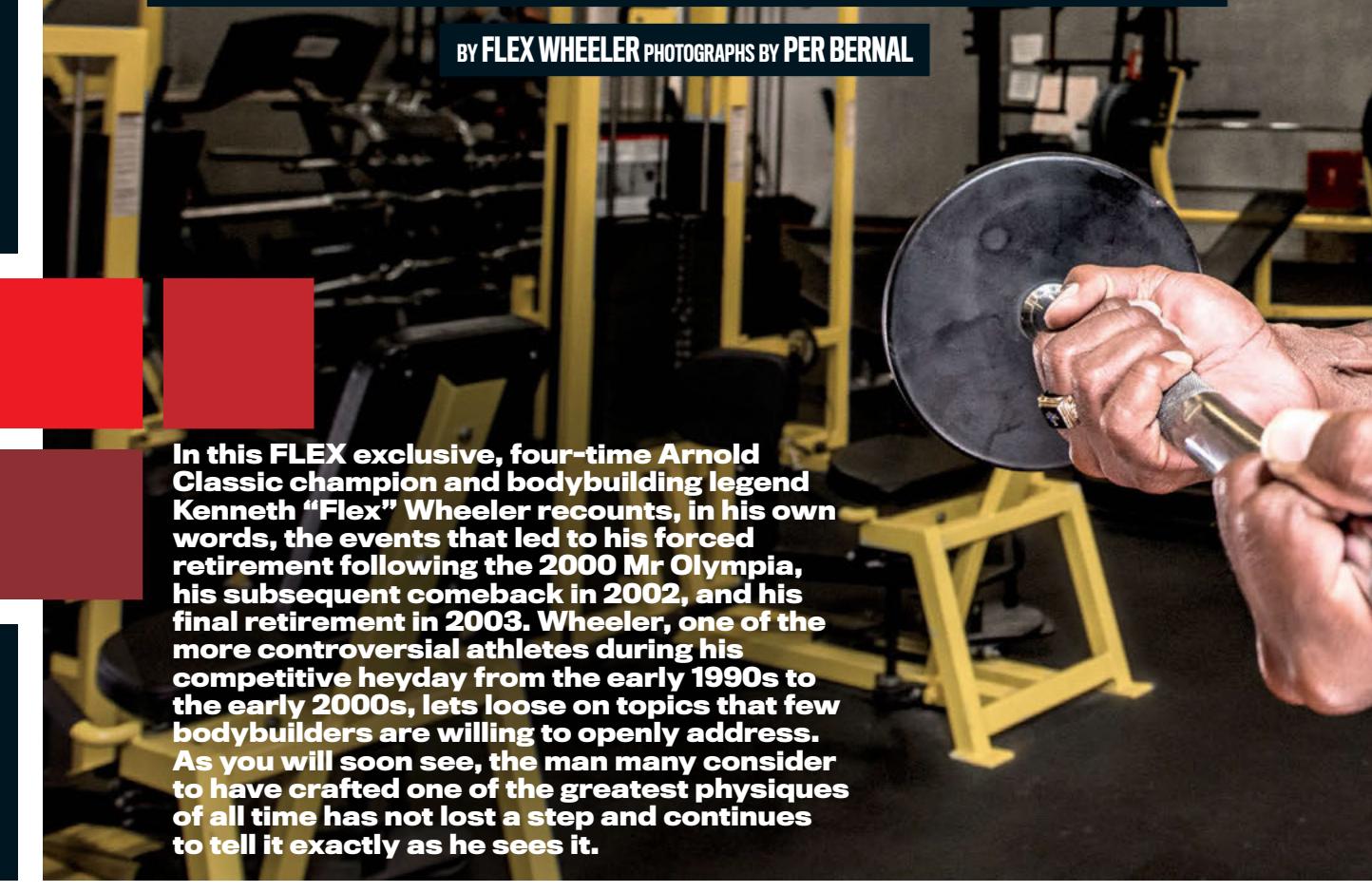


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# DYING TO WIN

FLEX WHEELER RISKED IT ALL TO BE THE BEST...  
AND LIVED TO TELL THE TALE

BY FLEX WHEELER PHOTOGRAPHS BY PER BERNAL



In this FLEX exclusive, four-time Arnold Classic champion and bodybuilding legend Kenneth "Flex" Wheeler recounts, in his own words, the events that led to his forced retirement following the 2000 Mr Olympia, his subsequent comeback in 2002, and his final retirement in 2003. Wheeler, one of the more controversial athletes during his competitive heyday from the early 1990s to the early 2000s, lets loose on topics that few bodybuilders are willing to openly address. As you will soon see, the man many consider to have crafted one of the greatest physiques of all time has not lost a step and continues to tell it exactly as he sees it.





**The paramedics rushed the stretcher out** of the lift in the hotel and hurried past hotel guests—but it appeared that it was too late.

The outline of a motionless body could be seen beneath the full-length white sheet, as curious onlookers clamoured to snap photos of the commotion. But what was going through my mind was darker than anything they imagined. You see, I was the one under the sheet. I wasn't dead, but as I struggled to fight violent tremors and an overwhelming sense of my own mortality, I knew that my career in bodybuilding was DOA. And this clandestine ride out of a Los Angeles area hotel was helping me write the epitaph.

### **HERE LIES FLEX WHEELER...A PRIDE TOO MIGHTY, ONE SHOW TOO MANY.**

I was five days removed from my third-place finish at the 2000 Mr Olympia and was enjoying some downtime with my family. I was in my room with the kids when something started to take a hold of me. I felt off. Confused. Fatigued beyond belief. Then, I started shaking...mildly at first, but then it started to quicken. My kidneys

were failing. I looked at my wife, Madeline, and calmly asked her to call for an ambulance and get the kids in the other room. While I waited for the medics, I knew I couldn't be carted out conventionally, because such a medical emergency would endanger the sponsorships that supported my family. That couldn't happen. So, despite feeling as if I were on death's doorstep, I had a friend help me convince the medics to help out with the theatrics. Left alone with my thoughts under that sheet, I knew something had to change.

### UNDER THE SHEET

That night in the hospital, I was told that my kidneys had completely shut

down. I was dialysed through my neck and was soon released in good condition. As awful as this situation was, I'd been here before. I suffer from a hereditary condition called focal segmental glomerulosclerosis, or FSGS, which causes severe scarring of the filters in the kidneys. And I wasn't doing myself any favours by treating my body the way that I had—intense training, extreme amounts of protein, and the use of what I call "sports technology drugs". But this had been too close for comfort. Something had to change. So I decided to go clean—which, in my mind, meant an end to competition. This was a heartbreak decision, but I'd rather be healthy

and retired than Mr Olympia and dead.

I kept training, of course, usually with my training partner Rico McClinton, and I was in pretty great condition. In early 2001, we went to the Ironman Pro together and watched Chris Cormier win the contest. Melvin Anthony finished second. These were both guys I had beaten before.

"Damn, Flex, you could have been top five with how you look today," Rico said to me. "Natural!"

I became indignant. I looked at him and said, Why would I go to a show where I've kicked everyone's ass already?"

"Why wouldn't you compete? Because you can't take drugs?



**"I'D RATHER BE  
HEALTHY AND  
RETIRED THAN  
MR OLYMPIA  
AND DEAD."**

## WHEELER'S STATS

**HEIGHT** 5'9" | **WEIGHT** 215-220 lbs | **RESIDES IN** California | **WEBSITE** [teamflexwheeler.com](http://teamflexwheeler.com)

**CONTEST HIGHLIGHTS** Four-time Arnold Classic champion (1993, 1997-1998, 2000), five-time Ironman Pro champion (1993, 1995-1998), three-time Mr Olympia runner-up (1993, 1998-1999).

## WHEELER'S TRAINING ROUTINE

EXERCISE	SETS/REPS
<b>CHEST</b>	
Bench Press*	4/10-20
Incline Barbell Press	4/10-20
Incline Dumbbell Press	4/10-20
Hammer Strength Press	4/10-20
Cable Crossover	4/10-20
*Does not include two warm-up sets.	
<b>BACK</b>	
Pull-up	4/10-20
Seated Pulldown	4/10-20
Bentover Close-grip Row	4/10-20
<b>SHOULDERS</b>	
Rotator Cuff Warm-up	--/-
Hammer Strength Overhead Press*	4/10-20
Rear-delt Raise	4/10-20
Rear-delt Cable Crossover	4/10-20
Smith Machine Shrug	4/10-20

**NOTE:** Flex precedes this workout with a variety of exercises—such as internal and external rotation—to prepare his rotator cuffs for the work ahead.

\*For each arm, Flex performs 10–20 reps with a pronated grip, then 10–20 with his palm turned in (neutral). He repeats this for four total sets.

LEGS	
Single-leg Leg Extension	6/20 (each side)
Single-leg Leg Press*	4/10-20
Leg Press	4/10-20
Abductor Machine superset with Adductor Machine	4/10-20
Leg Extension	4/10-20
Seated Leg Curl	4/10-20
Unilateral Lying Leg Curl	4/10-20

\*Flex increases the weight on each set.

ARMS	
Dumbbell Curl superset with Triceps Pressdown	4/10-20
Skull Crusher	4/10-20
Single-arm Preacher Curl	4/10-20 (each arm)
Single-arm Reverse Pressdown	4/10-20

**SAYS FLEX:** "At this point in the workout, Darius goes on and I usually stop, because my arms are freakish enough. I don't do arms that often any more."



## THE FLEX MYSTIQUE

Wheeler made an instant impact during his rookie year as a pro, winning his first four contests and placing second in the Mr Olympia. After a near-fatal car crash in 1994, in which he sustained a broken neck, Wheeler defied the odds and returned to competition. He amassed 17 contest wins over his pro career and is considered by many to be one of the greatest, and most controversial, bodybuilders of all time.

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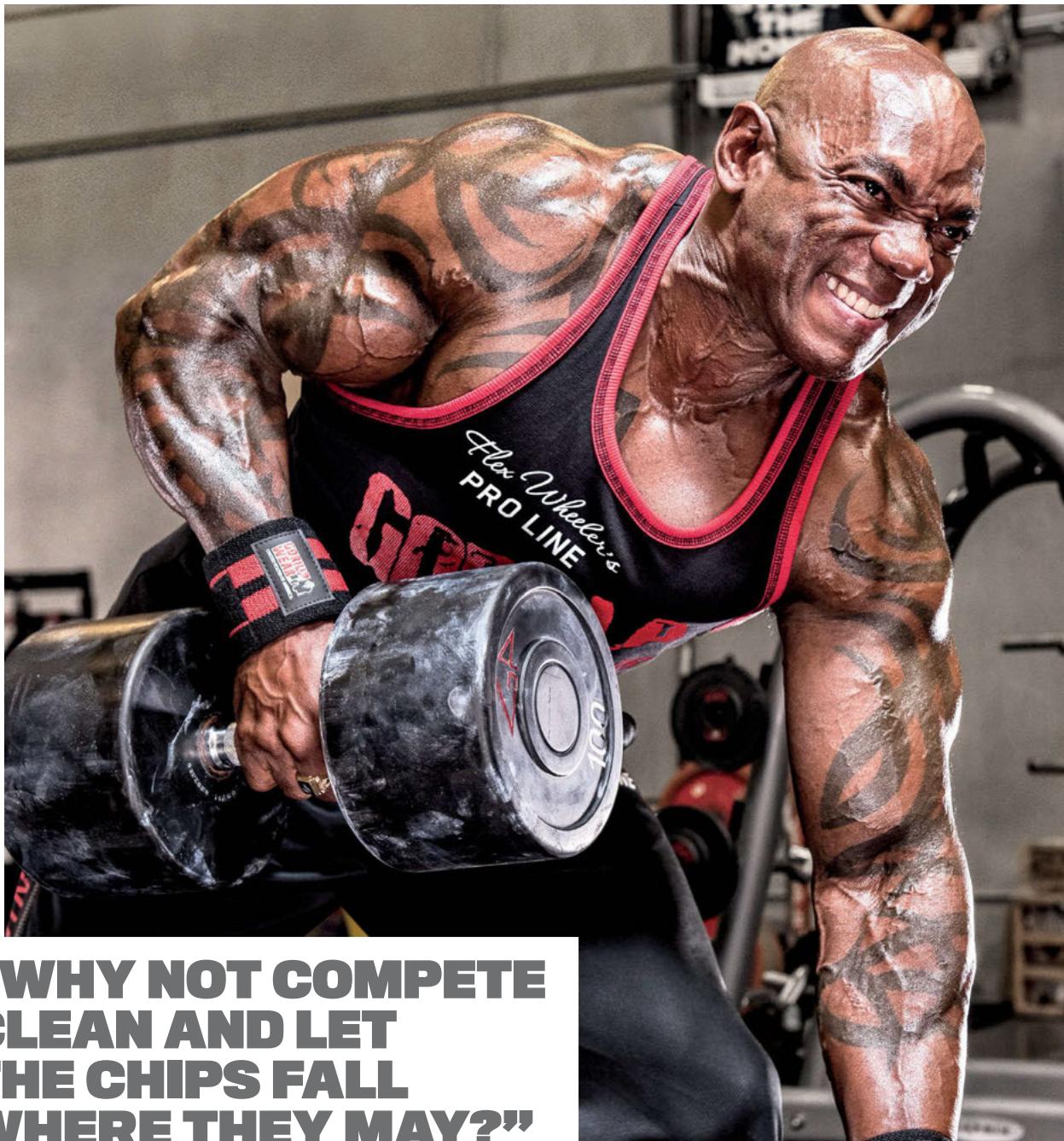
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## "WHY NOT COMPETE CLEAN AND LET THE CHIPS FALL WHERE THEY MAY?"

If that's the case, bro, you weren't an athlete, you were a drug addict."

What he said struck me to my core. He was right. I had been a drug addict, dependent on glory that I got out of a bottle. I already had great genetics—better than most, if I'm being honest. Why not compete clean and let the chips fall where they may?

So I hit the ground running, locked up some sponsors, and got myself

ready for the 2002 Mr Olympia. Mentally, I was in a really good place—I felt great, I was enjoying training in a way that I hadn't in years, and I'd got reacquainted with my faith. The night of the show, several people from my church were in the audience to see me take seventh place. I'd muscled my way into the top 10—no needles, no pills, just Flex. I was proud.

Later that night in our hotel room,

after everyone had left, I just stood in the shower and the old Flex Wheeler came along—devil on my shoulder—and whipped my ass. I was discouraged, and the familiar taunts began.

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## "I WAS GOING TO SMASH EVERYBODY AT THE 2003 IRONMAN AND THEN RETIRE."

My emotional torment soon devolved into physical misery, and I ended up back at the hospital that night. My kidneys had failed. Again. I was pissed off. How had it come to this? I hadn't taken anything, so how was this possible? That's when the doc explained that my kidneys were affected by other parts of my lifestyle, too, not just the drugs. All those high-protein meals had to get filtered somewhere, and because of the FSGS, they simply were not up to the task any more. "You can't compete again. Not even natural," he said.

Years earlier, before I had discovered what was ailing my kidneys, I held a loaded Desert Eagle .50-calibre pistol in my lap, ready to end the pain. Being confronted with the spectre of failing kidneys and a laughable life expectancy, I was once again awash with suicidal thoughts. And I was angry. The old Flex started whispering to me again.

### DEVIL ON MY SHOULDER

If you're gonna die anyway, why not go back on everything and show everyone what you can really do? Go out with a bang!

So I did. It was back to business as usual. I was going to smash everybody at the 2003 Ironman, then go clean (again) and retire for good. I made the decision that if I had to take 10 years off my life, that was what I was going to do to take care of my family. I got back on my regime

### WHEELER'S WORKOUT SPLIT

Wheeler doesn't do regular cardio, but he will do 20 minutes a day on a StairMaster if he's getting ready for a shoot. He trains abs every day and does calves on chest and shoulder days every week. These days, Wheeler trains almost exclusively with his son, Darius, keeping a brisk pace the entire time. The two allow only as much rest as is necessary to switch places between exercises. To keep himself lean and injury-free, he keeps to weight loads he can handle for 10-20 reps on each set.

DAY 1	CHEST
DAY 2	BACK
DAY 3	SHOULDERS
DAY 4	LEGS
DAY 5	ARMS
DAY 6	REST
DAY 7	REST

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# “IF NOT FOR ALL THE GLITZ AND GLORY AND GRIT AND GORE, I WOULDN’T BE WHO I AM NOW.”

and trained like a beast. But I knew I was killing myself. I avoided mirrors— weird for a bodybuilder—because I couldn’t look myself in the

eyes. I went into the '03 Ironman, a show I'd won five times, and finished third behind Jay Cutler (first) and Melvin Anthony (second). I thought I could tighten up to beat them both, but I just could not release water, and I didn't understand how that

was possible with everything I was taking. People may have thought I still looked great, but I felt like walking death.

A week later, with the Arnold Classic just a few days away, I was back in the hospital.

This time was just as terrifying as any. I had become suddenly cold and was unable to think. I started sobbing because I knew I'd screwed up. Had I taken too much of something? Had I taken something at the wrong time? Or was this just my body making its final case against the cumulative damage I'd done? A punishment for the brazen disregard of a dire medical condition? I felt like this time, someone might be pulling that sheet up over my head for good.

But modern medicine is an amazing thing. My treating physician said he didn't understand how I was still alive. I was dialysed, this time through my groin, to provide my kidneys yet another stay of execution. A mess of tubes, gauze, and emotion, I knew I had to change my lifestyle. The drugs may not have killed me, but they caused everything to progress much faster. The Lord will call me when He's ready, I thought, but the willful destruction of my body to speed that meeting had to stop.

People reading this might lament what my career could have been had I not been dealing with the kidney issues. Well, after all of that—and a transplant in 2003—I can tell you that it played out exactly how it was supposed to. If not for all the glitz and glory and grit and gore, I wouldn't be who I am now.

I've never condoned any drug—it's unfortunate that it was something that I had to do. I know that people all over the world took sports technology drugs because I influenced them, because they wanted to look like me or they just wanted to be a bodybuilder like me. I want people—including my son, Darius—to know that you can pursue your dreams without having to take drugs. It's a conscious choice that you have to make. I made my choices—often struggling against overwhelming pride, and losing—and I'm lucky enough that I get to live with them. **FLEX**



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# YOUNG GUNS

**JAMES HOLLINGSHEAD**  
IS THE YOUNGEST EVER BRITISH  
SUPER-HEAVYWEIGHT CHAMPION

BY JOHN PLUMMER  
PHOTOGRAPHY BY CHRISTOPHER BAILEY



# BODYBUILDERS ARE A LATE-DEVELOPING BREED.

The average age of the 14 competitors at the 2014 Mr Olympia was 36 and the youngest entrant was 29.

It takes years to discover how your body works and to accumulate enough mass to hang with the best. So James Hollingshead's success at last year's UKBFF British Championships, at just 25 years old, marked him out as a special talent.

Hollingshead, a former national junior champion, was the youngest-ever British super-heavyweight champion. He narrowly missed out on the overall title and accompanying IFBB pro card to heavyweight Nathan De Asha but it would take a brave man to bet against Hollingshead joining his friend in the pro ranks in the next two or three years.



**Crazy leg vascularity**

**Training arms at M10 Fitness in Nottingham a day after his British title**



## BOXING V WEIGHTS

Hollingshead discovered bodybuilding a decade ago almost by chance. He had started boxing as a rame-thin 13-year-old weighing about 126 lbs but gradually discovered he enjoyed training more than fighting.

"I loved watching videos of Mike Tyson and anybody else who looked powerful and could perform well," he says. "That combination has always appealed to me so I started doing weights and gradually they took over."

Hollingshead first competed when he was 18 and crowned a successful junior career by becoming British champion with straight firsts in 2009 aged 20. "I almost knocked the trophy over when they presented it to me because I was so overcome," he says. "It felt like the beginning of something good."

But he found the expectations of being Britain's best junior hard to bear, particularly as he was following great champions like Flex Lewis, Lewis Breed and Nathan De

Asha. "Instead of enjoying it I was too busy trying to improve," he says. "But you improve more when you are relaxed and I'm an intense person and sometimes put too much pressure on myself. Consequently I didn't improve for a few years."

When the junior age limit was raised from 21 to 23, Hollingshead attempted to become a two-time junior champion in 2012 but he wasn't as sharp as he had been three years earlier and placed second to Jack Stokle.

Next year, aged 24 and competing against fully-grown adults for the first time, he finished third in the over-100 kg super-heavyweight class at the British finals.

That result ensured he arrived in Nottingham for last year's finals as one of the favourites. But the big day didn't start too well. "I felt terrible back stage," he says. "I was ready a week out at 113 kg then I depleted and loaded and it didn't really go right. I ended up being one



of the smaller super-heavyweights at 105 kg.

"It was daunting looking at guys like Laurie Carr, who weighed much more. As a bodybuilder, it doesn't matter how good you think you are; when you stand next to someone taller and much heavier you feel insignificant."

But size didn't rule that day. Carr had to settle for third as Hollingshead followed the likes of Alvin Small, Darren Ball and Dave Titterton to become super-heavyweight champ.

Heavyweight De Asha won the overall posedown between all the class winners for the pro card. "It was the right decision," says Hollingshead. "Nathan's got good pro potential. He put in the graft and deserved it." The two men are friends and were both prepped by Nathan Harman.

What does Hollingshead have to do to join De Asha on the pro stage? "My strengths are that I'm quite aesthetic, I'm not blocky and I have roundness in my muscles," he says.

"My legs are pretty good but my upper body has a little work to do to catch it up."

He's resisting the urge to compete again this year. "Some people go in a bit too hard," he says. "I need a year to get the hunger back and stay healthy. I've pushed my body as far as I can so I need to reset and go for it again."

## "THERE'S NOTHING LIKE BEING STRONG AND LOOKING GOOD"



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I want longevity in the sport."

He hopes 2016 will be his year, and has been working with top trainer Neil Hill recently to get him on track. "I want to win the overall next year and I think I can," he says. "The judges have rewarded my physique in the past and will do so again if I improve. I just need more time to harden up and get fuller."

Long-term he's thinking big. "This may sound ridiculous but an Arnold Classic would be a great thing to win," he says. "I don't think I could be Mr Olympia but seeing guys like Branch Warren, who aren't the best genetically, win the Arnold has inspired me."

It's a huge ambition but when you're the best super-heavyweight in Britain at just 25, you're entitled to think big.

## HARD AND HEAVY

Hollingshead, a personal trainer at Pinks Gym in Carshalton, Surrey, bases his off-season training around four key lifts: deadlift, bench press, squat and overhead press.

Deadlift is his main exercise on back days. He also throws in two or three isolation exercises but dead-lifting is his main focus. Ditto bench press for chest, squat for legs and overhead press for shoulders, although on leg days he sticks mainly to compound exercises. He includes biceps on back day and triceps on shoulder day.

He generally does five sets of



five to eight reps on the key lifts and goes heavy: he has squatted 280 kg, benched 220 kg and deadlifted 320 kg.

"Some people would say I train too much like a powerlifter but I do isolation exercises as well so I get the best of both worlds. There's nothing like being strong and looking good," he says. "If I do those key lifts, what else I do doesn't bother me. I monitor my progress on the key lifts and focus on strength."

In the run-up to a contest, Hollingshead adopts more of a traditional six-day-a-week split body-part routine. He's done his growing and is now focusing on getting shredded—something that he has proved unusually adept at for a youngster by regularly turning up peeled.

Last year, under Harman's guidance, he ate seven or eight meals a day with the emphasis on getting high protein, high carbohydrates and moderate fats, mainly through solid food, and then doing lots of cardio to get lean. That meant up to two hours of steady-state exercise a day, divided between morning and night.

This year Hollingshead is taking a break from the rigours of competing. But expect to hear more—much more—from this likeable young man.

## Lat pulldown

"I love bodybuilding and I will be back. There is no doubt about it," he says. "Believe me, I am not done." **FLEX**

## THE BIG 4

*Hollingshead does four workouts a week during the off-season and each one revolves around a key lift. He does five hard, heavy sets of five to eight reps on a key lift followed by two or three isolation moves so the emphasis is on putting everything into that compound exercise.*

- 1 **DEADLIFT:** for back
- 2 **BENCH PRESS:** for chest
- 3 **SQUAT:** for legs
- 4 **OVERHEAD PRESS:** for shoulders

## JAMES HOLLINGSHEAD

- **AGE:** 26
- **PLACE OF BIRTH:** Sutton, south London
- **LIVES:** Carshalton, Surrey
- **HEIGHT:** 180 cm (5 ft 11 ins)
- **WEIGHT:** 105 kg (231 lbs) contest, 120 kg (265 lbs) off-season
- **CAREER HIGHLIGHT:** 2014 UKBFF British super-heavyweight champion
- **AMBITION:** To get an IFBB pro card
- **TRAINING ADVICE:** Don't listen to too many people. Find a plan and stick to it for 8 to 10 weeks. It's the only way you will know if it's working.
- **SPONSOR:** Newtech Nutrition
- **TO CONTACT:** Twitter: @J\_DawgMrB

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May 3, followed by the London and  
South-East Championships the

### IN THIS MONTH'S CLASSIC MUSCLE

#### MATT SALLIS

Mr University and rising  
men's physique star

#### BILLIE WHYATT

Fen bikini fitness queen who is  
following in her father's footsteps

#### RYAN TERRY

The British IFBB pro proves men's  
physique guys do train legs

#### NINA ROSS

British booty queen Nina  
on getting great glutes

#### JD DAWODU

Chris Lund looks back at  
the career of the former British  
champion

following weekend. BodyPower is up next from May 15-17, then the action heads north of the border to Paisley for what has grown into one of the biggest shows of the year.

Promoter David McGrath and his brother George have taken it from a small local event with 12 competitors in 2006 to a sell-out national championship. Guest stars have included Branch Warren, William Bonac, Flex Lewis and Zack Khan. British 212 pro Shaun Joseph-Tavernier tops the bill this time.

Last year's winners included bodyfitness star Michelle Morris, who went on to become British champion.

The McGraths will run a second UKBFF event at the SFN Expo in Glasgow on August 29-30. Winners of this new, drug-tested event will be eligible to compete in international competitions, including the world and European championships, as well as the Arnold Classic Europe and the Amateur Olympia in Liverpool.



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# THE GRADUATE

STUDENT **MATT SALLIS** PASSED HIS ROOKIE YEAR ON THE PHYSIQUE STAGE WITH FLYING COLOURS

**With his good looks, well proportioned torso and polished stage presentation, Matt Sallis quickly established himself as a leading UK men's physique competitor in 2014.** He competed no fewer than 10 times, winning the inaugural Mr University competition and reaching the finals of men's physique at the UKBFF British Championships. He's now hoping to hit the international stage in 2015.

## FLEX: Why did you start weight training?

**MATT SALLIS:** As a teen I was good at most sports but not great at any. I got turned down from many competitive team selections due to my lack of size and strength so at 15 I purchased a second-hand multigym and the day I turned 16, I signed up for the nearest gym.

## When did you get serious?

Early 2009 I was rushed into hospital to find I had septicaemia and secondary pneumonia, which led to a serious lung operation. Post-surgery my body weight fell to eight-and-a-half stone. I had a lot of time to reflect and my motivation to achieve was high so when I came across a cover model competition, I decided it was going to be my route back to health.

## Why did you choose men's physique?

Men's physique for me denotes a healthy, well-rounded lifestyle with an achievable look—something that most people aspire to; it has allowed me to develop my career interests within the industry.

## What is your philosophy around dieting?

Know how your body works and reacts to training and nutrition stimuli. It was only after countless years of reading and application that I figured out what works for me but even now, after 10 years, I'm still

learning. I know what types, amounts and timings of food are optimal for my body's adaptation. Counting macros is an added stress in my eyes and only really needed if you're aiming for sub 5% body fat.

## And for training?

I generally start with a compound movement using barbells then move into dumbbell work using higher rep ranges—between 8–12—then lastly working on machines to fatigue the particular muscle in question. Depending on the phase I'm in, I allocate specific techniques to particular lifts, so during a strength phase I use rest-pause sets and during a hypertrophy phase I use supersets/drop sets.

## How popular is bodybuilding in universities?

It's still a fresh interest within the student community. A lot of students are misinformed about bodybuilding and society sees students as inexperienced and immature. The Mr University competition offers the opportunity to show discipline and application and I think bodybuilding is going to become very popular with students in the years to come.

## What's your current split?

**Monday:** Back/Biceps

**Tuesday:** Upper Chest/Triceps

**Wednesday:** Hamstrings/Calves

**Thursday:** Shoulders

**Friday:** Chest/Back

**Saturday:** Arms

**Sunday:** Shoulders

## Describe a favourite workout.

I'm loving my leg sessions at the minute. Because I aim to stay athletic and powerful, I incorporate a lot of speed and strength work. I start with one to two power exercises, such as an Olympic lift or technical jumps then move into some high-load strength work in the squat or deadlift, and finally do some isolative and unilateral work, such as curls/extensions and split squats/presses.

## What's the most common mistake in the gym?

Most people just turn up at the gym knowing which muscle group they are to train but have no detailed structure and fail to even log their performance. They are effectively providing the same stimulus week on week. This is a recipe for failure.

## What do you do for cardio?

My cardio is based around functional conditioning and continues even when I'm not prepping for a show, albeit less frequently. Usually I do 30–40 minutes most mornings, consisting of three segments. I start with a push/pull and/or lift-with-movement segment, for example, sled push/pulls, rope climbs, jump variations and farmer's walks for around 15–20 minutes. This is followed by a core conditioning segment of around 10 minutes involving some trunk stability and transference work using the whole body. Two to three times a week I include a HIIT segment where I'll be working at maximal intensity for very short periods of time. This can vary from Wattbike work to track sprints.

## What are your top tips for new competitors?

1. Don't put off getting on stage because you feel you're not ready. You'll never know if you're ready until you get up there! Make mistakes, learn and improve.

2. Periodise your training. Base your planning around your weak points and monitor progression with a training diary.

3. Spend as much time posing as you do training. If you make it second nature, your first time on stage will be much more enjoyable.

## What are your goals for 2015?

My priority is to graduate with my degree and move into a career but I'm also working on hitting the international stage. I'll be competing less but when I do, you'll see me produce my best physique yet.



**"BODYBUILDING IS  
GOING TO BECOME  
VERY POPULAR  
WITH STUDENTS"**

### MATT SALLIS

- **AGE:** 25
- **PLACE OF BIRTH:** Barking, Essex
- **LIVES:** Twickenham, London
- **HEIGHT:** 173 cm (5 ft 8 ins)
- **WEIGHT:** 85 kg (187 lbs)
- **CAREER HIGHLIGHTS:** Three-time cover model and overall winner of first Mr University competition
- **AMBITION:** To compete in men's physique at the Olympia, appear on more magazine covers and develop a career in strength and conditioning
- **SPONSOR:** True Performance Nutrition
- **TO CONTACT:** [www.mattsallis.co.uk](http://www.mattsallis.co.uk); Twitter @Matt\_Sallis

# GENERATION GAME

BIKINI FITNESS CHAMPION **BILLIE WHYATT** IS FOLLOWING IN BODYBUILDER DAD PAUL'S FOOTSTEPS

**If anyone was born to be a bodybuilder, it's Billie Whyatt.**

Both her parents competed and dad Paul owns one of the best-known gyms in the Fens. So it was no surprise when she competed—but with two wins in her first three contests, even her family must be amazed by her progress.

**FLEX: How much of an influence is your dad?**

**BILLIE WHYATT:** A massive influence. He has become my trainer, sponsor, nutritionist, psychologist and guru, and I am determined to keep making him proud. Having watched him compete when I was a child and him owning a bodybuilding gym makes it all feel so familiar to me. I have a strong support base behind me, especially from my mum, siblings, boyfriend and friends. I can't thank them all enough.

**When did you want to become a bodybuilder?**

I have always been into fitness and training but did not realise the benefits of weight training until last year. I have always been sporty and active. I used to swim competitively for Peterborough. I started a weight training plan in May last year for my first show and now I love weight training and cannot wait to see my body develop as I mature.

**Why did you compete and what was it like?**

I chose to compete after watching a bodybuilding show last year. When the bikini girls came on I thought "I need to get up there", so I did. My dad and mum have both competed so I felt it was now my turn. As soon as I got on stage I had a huge rush of adrenaline and knew it was exactly what I wanted to do. I loved every second and didn't want to get off.

**Why do you prefer the bikini class?**

I have huge respect for all categories but the bikini class appeals to me the most as I think it suits my body. To me, the bikini girls have the perfect women's physique.

**Give a brief competition history.**

September 2014: UKBFF North-East Championships, 1st; October 2014: UKBFF British Championships, 9th; UKBFF UK One, 1st

**What are your goals for 2015?**

I have plans for 2015 to be a big year, starting with the UK Nationals in April, the BodyPower expo in May and the English Grand Prix in July. I'm aiming for top three at British finals and would love to be part of the Amateur Olympia in Liverpool. I am also hoping to qualify for the European Championships.

**Do most women your age like the way you look?**

Good question! When I first started telling people I was entering a bodybuilding show most reactions, other than those in the know, were negative. Once I had done my first competition and people saw what it was all about their views soon changed into positive ones. I still get the odd "don't get too big" comment, but I just smile sweetly and ignore them. Many of my friends, gym members and work colleagues have asked for diet and training plans so it feels great to know I am inspiring others.

**Volume training or high intensity?**

I mainly concentrate on volume training but mix in high intensity too. It's important to shock your body to see the best results.

**What's your training split?**

I train six days a week. My weak areas are my hamstrings so I do them two or three times a week.

**Describe a favourite workout.**

**Monday:**

AM HIIT cardio  
PM Quads and abs

**Tuesday:**

Hamstrings and glutes; yoga

**Wednesday:**

AM Cardio  
PM Biceps, triceps and abs

**Thursday:**

Back

**Friday:**

AM HIIT cardio  
PM Hamstrings, glutes and abs

**Saturday:**

Rest

**Sunday:**

Shoulders and chest; outdoor walk

A perfect workout would consist of 30 minutes HIIT in the morning, using the Stairmaster or Cybex Arc trainer. I love them! Then in the evening I love training shoulders and hamstrings.

**What do you do for cardio?**

I mainly do HIIT training, varying my intervals each time. I use the Stairmaster, Arc trainer, Versaclimber and the Jacob's Ladder. If I use the treadmill I always put it on an incline—running makes your booty flat. Cardio is so important for your health so it's a must for me.

**What do you eat in a typical day?**

I just try to eat clean. I eat five to six small meals a day every two to three hours. I think of my metabolism as a fire—you have to keep it burning. My diet consists of a lot of protein, including cod, salmon and a lot of turkey mince. I can't get enough of it. I eat spinach, rocket, celery, cucumber, avocado, broccoli and all that healthy stuff. I try to only eat carbs after training and in the afternoon and I stay away from gluten and yeast. I used to love an omelette for breakfast but I found I have an intolerance to eggs so I have salmon, celery and rocket instead.

**If you could only have three supplements, what would they be?**

Vitamin C because it is involved in the production of collagen, which maintains healthy connective tissues and is therefore important for the support and structure of tissues and organs. BCAAs are especially helpful for maintaining muscle mass on a calorie-deficit diet. Psyllium husks are a bathroom buddy.

**What do you do besides training?**

I work as a fitness instructor at Shapers Gym in Wisbech. I also teach swimming.

**Where would you like to be in five years' time?**

I would like to look back and say "Wow, what a ride!" I want to have accumulated lots of trophies, competed in and won many shows, attended many fitness events and grabbed every opportunity.



**"IT FEELS GREAT TO KNOW I AM INSPIRING OTHERS"**

## BILLIE WHYATT

- **AGE:** 24
- **BORN:** Peterborough
- **LIVES:** Peterborough
- **HEIGHT:** 162 cm (5 ft 4 ins)
- **WEIGHT:** 59 kg (130 lbs) off-season
- **CAREER HIGHLIGHTS:** Winning two out of three competitions in my first season
- **AMBITION:** To compete at the Olympia
- **TRAINING ADVICE:** Always vary your training for the best results. Shock your body.
- **SPONSORS:** Shapers Gym in Wisbech and Fuel My Muscle
- **CONTACT:** Instagram @billiewhyatt; Twitter @billiewhyatt; Facebook UKBFF Billie Whyatt

# RYAN TERRY

THE IFBB MEN'S PHYSIQUE PRO ON FORGING KILLER LEGS

**Leg day should be a fundamental part** of any training regime. Whether trying to gain size or simply tone up, training legs has to be top of your list.

Pounding legs is massively important to bodybuilders not least because it causes your body to release more natural testosterone than working any other muscle group does. Not just that, but when you do big compound movements like the squat, you stress the skeletal muscle. The excess load makes the body release an array of hormones including natural growth hormone.

Growth hormone is essential for growing muscle, losing body fat and promoting all-round health. The release of natural growth hormone also triggers a number of other hormones that are essential for muscle protein synthesis and recovery.

Exercises such as the squat, which targets the quads, are a favourite with bodybuilders. But training hamstrings is just as crucial on leg day. It is important to train these muscles equally to get a balanced and functional physique. If you neglect the hamstrings and focus mainly on developing your quads, you will become quad dominant. This muscle imbalance can then cause problems throughout the body—especially in your lower back.

So training quads and hamstrings in equal balance is essential to get that perfect shape and look.



Ryan (left) and fellow IFBB pro Steve Cook prove men's physique competitors do train legs!

## LEG BLAST

My leg workout consists of two calf exercises, four quad exercises and four hamstrings exercises. It is an intense and extremely taxing workout but very rewarding once you have completed it.

I tend to vary my training from week to week so the sessions are never the same—this is a great way

to shock the muscles and keep them guessing. I like to switch between rep ranges of eight to 10 and 15 to 20 each week with single and two-legged exercises to keep it varied.

## WEIGHTED CALF RAISE

**1 warm-up set  
3 working sets**

You can perform the calf raise

unilaterally or with both feet, but to get a full stretch on the working muscle do it on a raised surface. Your heel should come down lower than your toes and you should then rise up as high as possible to get a full squeeze on the calves.

## SEATED CALF RAISE

### 4 sets

This exercise is great for peak contraction and isolation of the calves. But you will need to increase the weight you use because it is performed in a seated position. You can vary this exercise by performing it either single-legged or both legs together.



TRAINING LEGS RELEASES MORE NATURAL TESTOSTERONE THAN ANY OTHER MUSCLE GROUP IN THE BODY

## VERTICAL LEG PRESS

### 1 warm-up set

### 4 working sets pyramiding up in weight each set

The vertical leg press is an old-school machine and a great variation on the standard machine leg press. I like to use the full range of movement past 90 degrees (where my knees are nearly touching my chest) to activate and bring my glutes and hamstrings into play.

## SQUAT

### 3 sets supersetted with HACK SQUAT

I increase the weights on my squat each set but leave the hack squat at

a relatively light weight and rep out on them, using a weight that I can complete 10-12 reps with.

## LEG EXTENSION

### 4 sets

Leg extensions are a great way to bring more detail through to the quads and to get those deeper cuts. I like to finish my quads workout with this exercise as you can lower the weight and really focus on that squeeze and push yourself to failure.

## LYING LEG CURL

### 1 warm-up set

### 3 working sets

When performing lying leg curls, people often shorten the movement by raising their hips off the bench. So always start off with a lighter weight and really focus on keeping your hips firmly on the bench—this will ensure you get a full range of motion through the hamstrings.

A great tip to really focus on the hamstrings is to lift your upper body off the bench pad. This will force you to isolate the hamstrings in the movement. Keep your feet together too.

## SEATED LEG CURL

### 3 sets

This is a great exercise for the hamstrings. Keeping your back firmly anchored in the seat prevents you swinging or arching your back to make the exercise easier.

## SINGLE-LEG CURL

### 3 sets

Single-leg machines ensure that both hamstrings are firing equally and that they are getting the same stimulation.

## STIFF-LEGGED DEADLIFT

### 3 sets

I always finish my hamstrings with stiff-legged deadlifts because it stretches the muscle and relieves the tightness from curl movements. There is much debate on whether to lock your knees out or have them slightly bent. I keep my knees locked and perform the movement on a step to get that extra stretch.

# NINA ROSS

THE BRITISH IFBB BIKINI PRO ON  
BUILDING THE PERFECT GLUTES

## Let's face it, the booty is BIG news.

JLo's rear inspired a movement, Miley Cyrus twerked till it hurt and Kim Kardashian's rear went global.

Celebrity culture is obsessed with the booty but in the bodybuilding world, good glutes have always been of paramount importance. In fact, they're the key to perfect form and figure for men and women. No words can describe the feeling of disappointment after scanning a body with perfectly sculpted quads and hammies sadly paired with underdeveloped glutes.

## WHY PRIORITISE GLUTES?

**1 They're big!** The glutes are the largest and most powerful of the 639 named human muscles. If you can't showcase the biggest muscle to its full potential then what chance do the smaller muscles have? For glutes, training has to be frequent, rigorous and consistent for maximum results. Personally, I train glutes nearly every day and most of my female clients train them at least three to four times a week. Men should aim to train them hard one to two times a week as part of leg day.

## 2 To optimise lower body strength

Having a seriously strong ass means you can maximise the strength of your *entire* lower body. Conversely, weak glutes negatively impact on many lower body exercises and inhibit the ability to gain mass. Our muscles link with others like a chain—one weak link affects the entire chain. Lower back training is important because it helps lift the glutes; the core needs to be strong to prevent lordosis in the lumbar spine, which in turn can cause problems with the hip flexors or spinal compression.



**3 The shelf effect** Bodybuilding is about symmetry, and the glutes act as a shelf (or baseline) from which the eye assesses the relative proportions of the upper and lower body. In bikini fitness, judges look for nice square shoulders, a small nipped-in waist with athletic legs and high-sitting glutes. Underdeveloped glutes can create the illusion of a larger waist causing that ideal hourglass athletic physique to appear more like an ironing board.

**4 Shape** If you're a woman, great glutes help create the perfect hourglass shape and give a tremendous feeling of power and confidence. Competitors with strong glutes place higher, not just because they look better but because they strut better

too. It is usually the cardio bunnies or girls who overtrain their lower body to come in lean that miss out on the "booty opportunity". I have worked with many female runners who have very little glute activation and thus no booty at all. When this is the case, I immediately get into glute activation mode, which includes stretching the hip flexors and performing certain exercises isometrically with no weight to ensure the glutes are working correctly and to avoid injuries to the hip flexors.

Some people believe they are born with a certain ass shape and can do little to change it but this isn't true. I've devised programmes that have turned pancake bums into unripened apricots. And I've seen massive

## REVERSE HYPEREXTENSION



improvements to lower body strength from proper glute training. It all comes down to the right guidance, training, and consistency.

My booty training philosophy is simple: go hard or go home. Or, to put it more technically: use heavy resistance training coupled with good, targeted techniques. Such a regime should consist of three to six sets per exercise, and definitely include hip thrusts (my favourite “get glutes” exercise) performed at the beginning of the workout. Hip thrusts using a free weight barbell are much more beneficial than a Smith machine or the adaptive use of the leg curl machine.

## WHIP YOUR ASS INTO SHAPE

Research suggests women can tolerate more volume, a higher training frequency and shorter rest intervals than men. It is not uncommon with advanced female clients to train priority muscle groups with *eight sets a day* and make rapid progress. That's 56 sets a week, a volume that would destroy most men. This is one of the reasons why I am so in favour of performing heavy hip thrusts frequently throughout a week.

This programme will help get you on your way to the glutes you want and deserve. It's a great first step for a powerful perfect booty.



## WHIP YOUR ASS WORKOUT

EXERCISE	SETS	REPS
<b>Barbell hip thrust</b>	<b>4</b>	<b>8</b>
Aim for the glutes to touch the floor and then ensure a powerful upward thrust, locking out at the top to maximise contraction.		
<b>Reverse hyperextension</b>	<b>3</b>	<b>12</b>
Perform these with a full downward phase and remember to squeeze the glutes when lifting upwards.		
<b>Bulgarian split squat from deficit</b>	<b>3</b>	<b>12</b>
This should be felt in the tie-in between the glutes and hamstrings, so the deeper the better.		
<b>Unilateral hip thrust from deficit</b>	<b>3</b>	<b>10</b>
This is great for isolating the glutes and due to stabilising, it also recruits more glute activation.		
<b>Hip abduction</b>	<b>3</b>	<b>10</b>
Focus on the glute medius—this is what forms the shape of the glutes.		

For more information visit: [@NinaRossFitness](#) on Twitter

# JD DAWODU

**"I'm very disappointed. I came into the show bigger and harder than I've ever been, having spent a lot of time and money preparing for the show.**

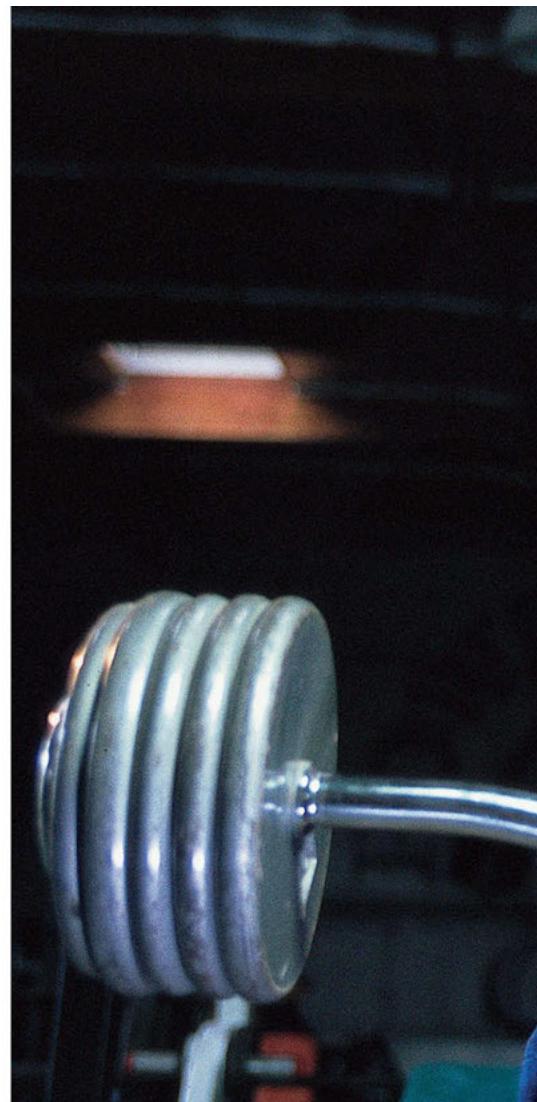
And yet I did not get any callouts with my contemporaries in the sport—Dexter Jackson, Melvin Anthony and King Kamali. This is absolute nonsense. Maybe I need to call one of the other guys an a-hole to get a decent look from the judges. What a disgrace."

These were the angry words from British sensation JD Dawodu after his disappointing 17th place at the 2001 IFBB Mr Olympia in Las Vegas. I had to agree with him—after he had placed fourth at the IFBB Ironman Pro Invitational at the beginning of that year, it seemed as though nothing was going to stop this young British phenomenon with the incredible arms, chest and shoulders. Alas, JD (real name Jide) suffered the same fate that so many British bodybuilders do when they compete in the States (with the exception of Dorian Yates, of course), a fate that can usually be linked to a lack of prior publicity and promotion.

After turning pro in 1996, JD placed seventh at the Night of Champions and seventh at the English Grand Prix. He then took three years off from competing, returning for







the Night of Champions in 1999 where he placed a disappointing 14th. The following year, he placed only 11th at the Ironman Pro Invitational, ninth at the Arnold Classic and 12th at the Night of Champions.

Things were quite different the following year, however, when JD returned to the USA to compete at the Ironman Pro Invitational (where he came fourth), the San Francisco Pro Invitational (4th) and the Arnold Classic (9th). This time I had the perfect opportunity to take photos of him for FLEX at Koloseum Gym in California.

If you had been lucky enough to view JD Dawodu close up in top condition then you wouldn't have believed your own eyes. His arms, for instance, were easily some of the best of all time. His

chest and shoulders were so thick and densely muscled, and his back width was quite remarkable. After one of these photo shoots, I sat down with JD and asked him about his bodybuilding career and training methods.

**CHRIS LUND: What weight do you compete at?**

**JD DAWODU:** For these contests this year [2001] I came in at 240 pounds, but in the offseason I usually weigh around 265 pounds at a height of 5 ft 7.

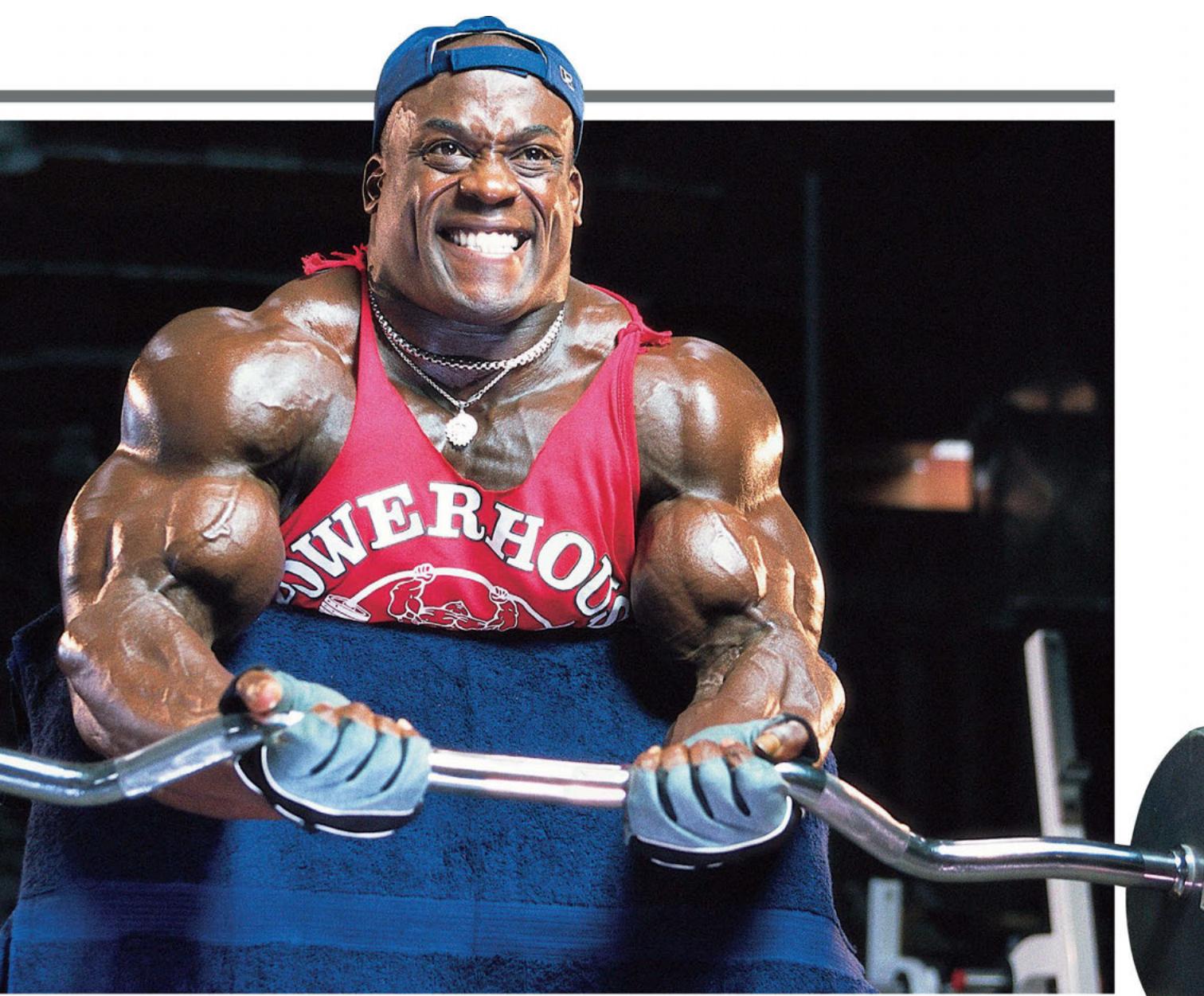
**CL: I've photographed just about all the great arms in the world of bodybuilding but your arms are some of the best that I have ever seen. Are you an easy gainer?**

**JD:** Thanks for that compliment, Chris, you're making me blush! Yes, I have always had reasonable arms, but when I first started training, my chest and arms in particular seemed to respond quite rapidly to the stimulus I gave them. In the beginning, all I really did was a lot of barbell curls and bench presses. Those routines back then were really quite primitive by today's standard and I suppose I probably overtrained, even though I still made very good gains.

**CL: Can you remember your very first arm routine?**

**JD:** Yes I can. I did this three times a week:

**Barbell curl: 5 sets of 8 to 10 reps**

**Close-grip bench press:**

5 sets of 8 to 10 reps

**Concentration curl:**

5 sets of 8 to 10 reps

**Lying triceps extension:**

5 sets of 8 to 10 reps

Nowadays I find my arms respond better when I train them only once a week, and I always train biceps and triceps together as a superset. Here's my current routine:

**Seated dumbbells curl superset with triceps pushdown:**

3 sets of 10 to 12 reps

**Barbell curl superset with close-grip bench press:**

3 sets of 10 to 12 reps

**Dumbbell concentration curl****superset with triceps kickback:**

3 sets of 12 to 15 reps

**CL: What's your training split?**

**JD:** I usually train five days a week during the offseason and six days a week leading up to a show.

**Day 1: Chest and calves**

**Day 2: Back**

**Day 3: Shoulders**

**Day 4: Legs**

**Day 5: Arms and calves**

I then take one or two days off for total recuperation and growth. This programme is rotated and whatever muscle group I am prioritising, I will hit on the sixth day. Usually, I do around 12 to 15 total sets for the large body parts and 10 to 12 sets for the smaller ones. However, this

is constantly changing because I like to train instinctively as well.

**CL: I think your back is world class. How do you train it?**

**JD:** I always do a lot of work on Hammer Strength machines and I think that they are really incredible. I nearly always start off with Hammer Strength pulldowns supersetted with low pulley rows for three to four sets. Chins are an absolute must and I superset these with pulldowns behind the neck for three to four sets. I finish off with four to five sets of hyperextensions, and that's it for my back.

**CL: Can you give us an example of your daily diet?**

**JD:** **Meal 1:** Oats and water with raisins

**Meal 2:** Protein shake and fruit

**Meal 3:** Rice or potatoes, chicken breasts and vegetables (usually after training)

**Meal 4:** Same as meal 3 but with less carbs. I may have some lean steak with this meal.

**Meal 5:** Protein shake

**Meal 6:** Optional

**CL:** What do you think about the importance of strength in bodybuilding?

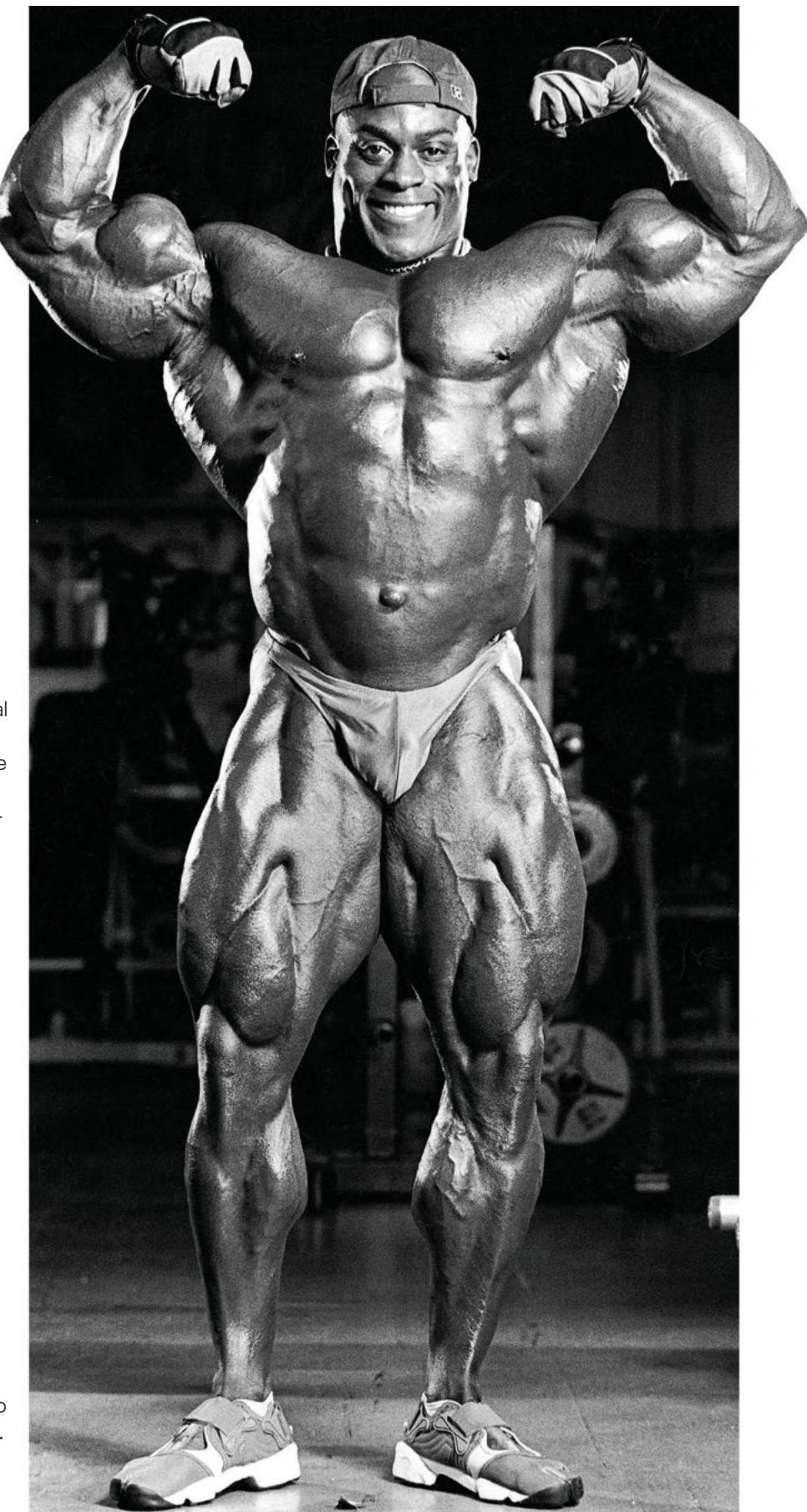
**JD:** I believe that strength is relative to building an outstanding physique, but I also feel that mental strength is even more important than physical strength. If you are strong mentally you will be able to achieve the intensity needed to shock your physique into growing. Mental strength allows you to change your training methods when you reach a plateau or sticking point. I try to maintain a balance between physical and mental strength, but there's always room for improvement. While I do believe that heavy-duty training is important to my physical development, I like to introduce other types of programme on a rotational basis, such as medium poundage, higher volume training.

**CL:** Who was your favourite bodybuilder when you were coming up through the ranks?

**JD:** Robby Robinson, without question. He had absolutely the most perfect shape in the sport. Perfect shape, combined with great muscularity and boy, those arms were something else!

**CL:** Who is the greatest bodybuilder of all time?

**JD:** In terms of physique, I think the greatest bodybuilder is Lee Haney. His record of eight Mr Olympia titles speaks for itself. In terms of worldwide exposure and achievements, no one can top Arnold Schwarzenegger.





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**CL:** Has anyone helped you over the years?

**JD:** I have received a lot of help from my peers and I still get advice and help from Paul Dillett, who I really respect. I have also received tremendous support from my family and friends. Thanks Tayo and Smurf. Last, but most definitely not least, I have to thank Sav. He has always been a good friend and advisor, and his unselfish support enabled me to continue with my competitive bodybuilding career.

Two years later, in 2003, JD Dawodu retired from pro bodybuilding after placing 10th at the Ironman Pro Invitational and 11th at the Arnold Classic. **FLEX**

## JD DAWODU CONTEST CAREER

### 1989

British Championships,  
Light-heavyweight, 1st

### 1996

Grand Prix England, 7th  
Night of Champions, 7th

### 1999

Night of Champions, 14th

### 2000

Arnold Classic, 9th  
Ironman Pro Invitational, 11th  
Night of Champions, 12th

### 2001

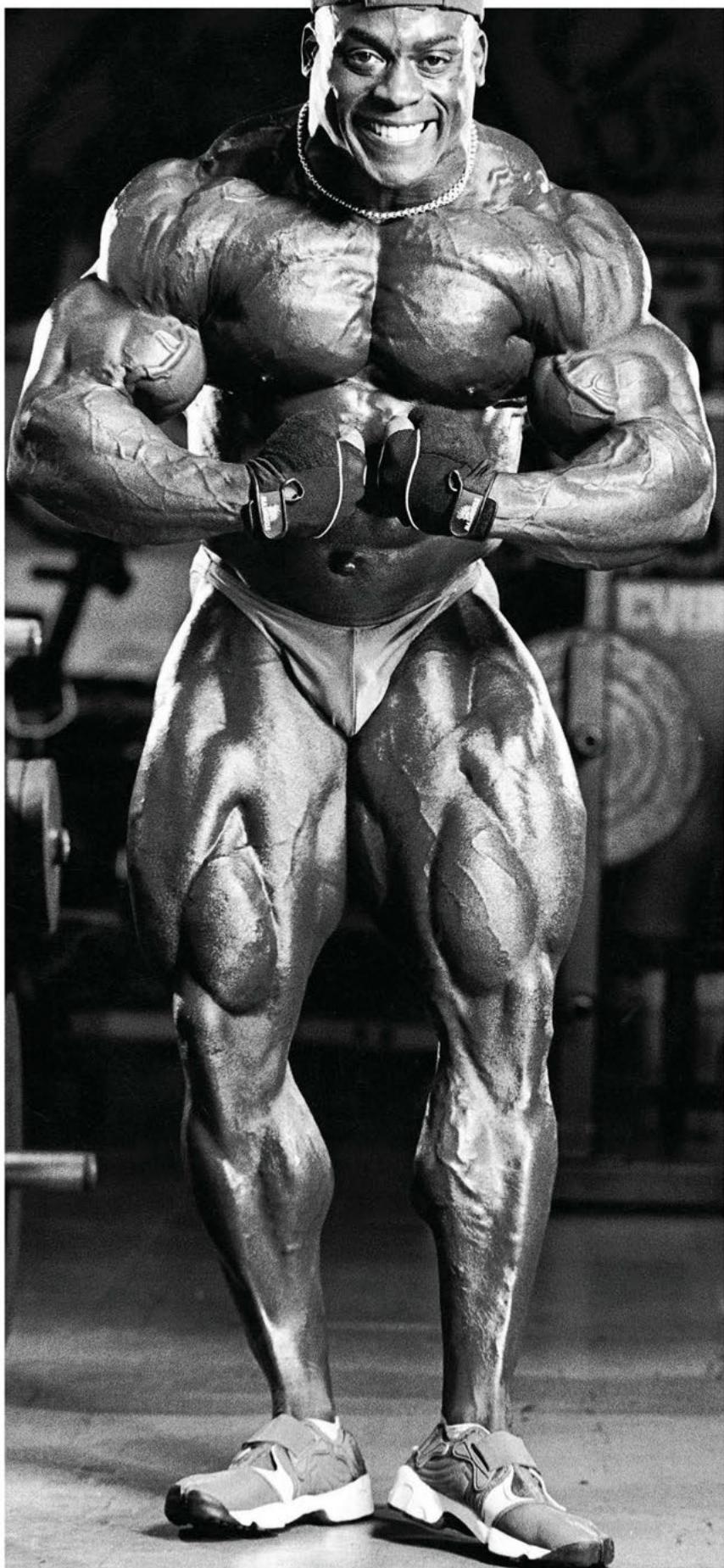
Arnold Classic, 9th  
Grand Prix Australia, 4th  
Grand Prix England, 12th  
Grand Prix Hungary, 6th  
Ironman Pro Invitational, 4th  
Mr Olympia, 17th  
San Francisco Pro  
Invitational, 4th

### 2002

Night of Champions, 9th  
Southwest Pro Cup, 4th  
Toronto Pro, 12th

### 2003

Arnold Classic, 11th  
Ironman Pro Invitational, 10th



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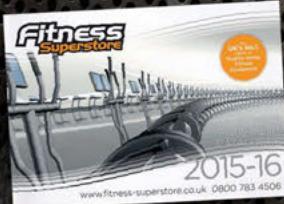
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# LAST SET

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NEWS



## BODYPOWER IS BACK!

PRO BODYBUILDING RETURNS TO BRITAIN IN MAY

BodyPower  
MAY 2014

Kamal returns  
to Europe after  
11 years

Finnish heavyweight  
sets sights on  
Amateur Olympia

Irish champ  
has pro  
ambitions

Vivien Olah  
prepares for pro  
figure debut

GARY PHILLIPS



Last year's 212 top three (from left): 2 Joseph-Tavernier, 1 Al Haddad, 3 Dugdale



Harold Kelley (centre) wins the wheelchair pro



Figure top three (from left): 2 Doherty, 1 Toldi, 3 Rogers

# BIG IN BRUM

■ Some of the world's finest physiques will be battling it out on stage in Birmingham at the BodyPower Pro on May 16. The event, which was held for the first time last year, is the only pro bodybuilding contest scheduled for the UK in 2015.

Last year Shaun Joseph-Tavernier and Louise Rogers came close to providing some home-grown winners.

Joseph-Tavernier finished runner-up to Sami Al Haddad in the 212 category. Rogers was third in pro figure, which Hungarian Zsuzsanna Toldi won. American Harold Kelley, who won the wheelchair class, plans to return this time.

All three categories are back this year and there is likely to be a strong British flavour to the line-ups, with Joseph-Tavernier and Rogers expected to be in the shake-up again.

Last year's show featured outstanding athletes from a wide range of countries and this year's showdown is likely to be just as good.

With it being the only chance to see IFBB pros competing in the UK, the BodyPower Pro promises to be the highlight of an unmissable three-day expo, which also includes the USN BodyPower Classic and a gigantic expo, with Phil Heath, Kai Greene, Flex Lewis and Dorian Yates among those expected to attend.

# KAMAL RETURNS TO EUROPE

**I was excited when Kamal Elgargni called to tell me that after 11 years away, he was coming back to live in the UK.**

Kamal, who is originally from Libya, lived and trained in the UK from 1997 until he relocated to Qatar in 2003 to represent their national bodybuilding team.

It proved a shrewd move as he enjoyed a life that most IFBB pros would envy. He received a salary,

a house and incredible bonuses for every international win he brought to Qatar. But it wasn't easy.

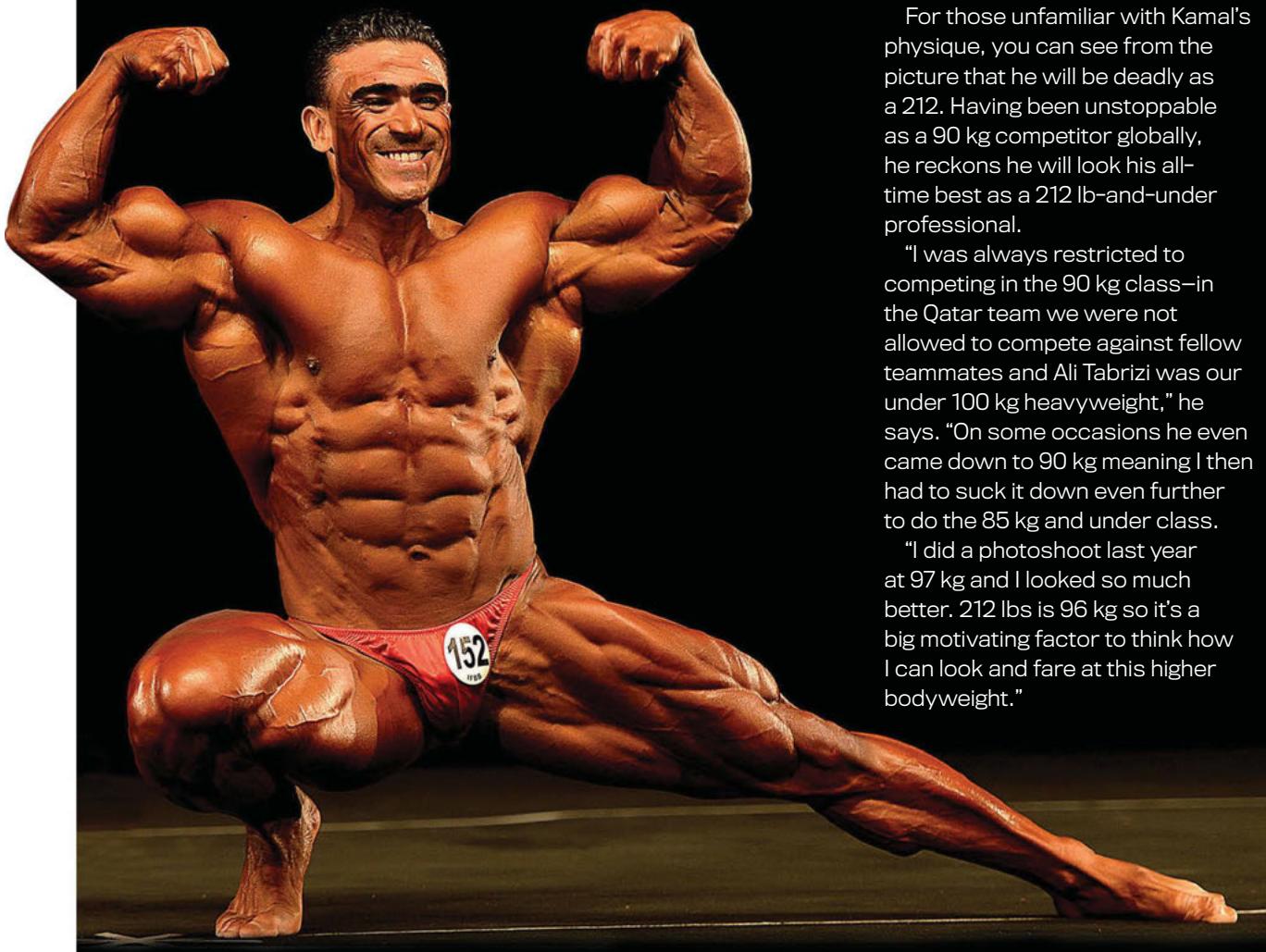
"There was pressure as even though I was being well looked after, the only true goal was to win and if I didn't, I received no bonus," Kamal told me. "But, for example, when I did win my class at the IFBB World Championships I was rewarded with \$70,000 bonuses. I won that category six times and I also won the Asian Gold Cup 10 times."

So why return to the UK? "Several reasons: I feel I don't really have anything else left to accomplish as an amateur athlete and I can only represent Qatar and receive all those benefits if I remain so. I'm 43 now and have three children and I'm going to give it two, maybe three more years before I quit and I want to retire as an IFBB professional. So I'm going to take up my pro card, attempt to qualify for the 212 Olympia this year and see how I can do."

For those unfamiliar with Kamal's physique, you can see from the picture that he will be deadly as a 212. Having been unstoppable as a 90 kg competitor globally, he reckons he will look his all-time best as a 212 lb-and-under professional.

"I was always restricted to competing in the 90 kg class—in the Qatar team we were not allowed to compete against fellow teammates and Ali Tabrizi was our under 100 kg heavyweight," he says. "On some occasions he even came down to 90 kg meaning I then had to suck it down even further to do the 85 kg and under class."

"I did a photoshoot last year at 97 kg and I looked so much better. 212 lbs is 96 kg so it's a big motivating factor to think how I can look and fare at this higher bodyweight."



ALAA ELSHEBANI

# NORTHERN LIGHT



■ **Finnish athlete Kille Kujala caught my attention at last September's amateur Arnold Classic Europe.**

Kujala, 32, took second in the heavyweights sporting pro level thickness and now has his sights set on another big European show.

"I will return to Spain for the Amateur Olympia in mid June," he says. "Before that I'm going to compete here in Finland and maybe some other shows too. My main goal is to win the Amateur Olympia."

Kujala went on to explain how he plans to achieve this. "I'm building a better package all the time, and my goal is to get my IFBB pro card. Maybe this year it will be mine. Then I can focus on getting more muscle, mainly in my back and delts. I've improved my arms after Spain but they can never get too big so I will focus on them too."

I asked about his upbringing. "I was born and raised in a small village called Utsjoki. It's the most northern county in Finland, 470 kilometres from the Arctic Circle. I was 22 when I moved south and after that I started training."

On stage in Madrid



JAKUB KOPCEK

# IRISH CHAMP

A GREAT WAVE OF TALENT IS EMERGING FROM IRELAND. I CAUGHT UP WITH HEAVYWEIGHT RONAN DOHERTY, WHO IS AT THE FOREFRONT.



**GILES:** You're a two-time Irish champion, so how come I hadn't heard of you until now?

**RONAN DOHERTY:** The main reason is that I live in Ireland. For us to get a swipe at a pro card we have to compete at an international level, such as the IFBB world championships, Arnold Classics and amateur Olympias. It's a big pond out there and as far as I know, no Irishman has succeeded in obtaining pro status from winning on an international stage.

#### What's your background?

I am 31. My passion for weights and bodybuilding began when I was 13—

I trained with a set-up in my bedroom for a few years before competing in my first competitions in Australia and winning Mr Teen Australia. From then until the age of 20 I competed many times in various places: Ireland, England, Canada, the USA. Some of my bigger wins were NPC Southern States Teen Overall and Musclemania World Teen Champion. Since getting back into bodybuilding a few years ago I have won the heavyweights at the IFBB Irish nationals. What motivates me is the intense challenge to take my training to a higher level. It's the sculpting and artistry involved—the platform it gives us to share and interact on a larger scale.

#### Why did you choose bodybuilding?

Because of the personal satisfaction it brings to create a living work of art through blood, sweat and tears. Sensible bodybuilding will keep you strong, healthy and ground your mind and make it stable and capable of enduring life's hardships. When you put your all into a work-out, or step on stage having completed a hard prep and brought your best, there's a strength and confidence that permeates all your life.

#### What are your long-term goals?

I will take it step by step. It would be great to succeed on an international stage and win pro status but it's not like that would radically transform my life. There is a lot of status and glory in the pro card but it's very tough to succeed as a top pro.

#### Tell us something interesting about yourself.

I am a deeply spiritual person of no denomination. I have sat and meditated in wild places—caves, mountain tops, forests, under waterfalls—and I doubt becoming a millionaire or Mr Olympia would feel as good and as free.

# EUROBABE ALERT

**Olah will return to BodyPower as a pro this year after winning as an amateur last year**



■ **2014 was a great year for Hungarian**

**Vivien Olah.** She won the bodyfitness class at the BodyPower expo in Britain then followed this up a few months later with an even bigger overall victory that earned her an IFBB pro card.

She explains: "I heard many good things about BodyPower. To my surprise, this competition was better than I had believed. Winning it encouraged me to try the Arnold Classic in Madrid. With the Arnold being such a huge competition I had some doubts, but I never doubted my hard work and my stamina to show my best performance to the audience and to the judges."

Incredibly, she won the overall category. "That was truly one of the most memorable moments of my life," she says.

Now she's eyeing the pro figure stage. "My first contests will be the New York Pro and the BodyPower Pro," she says. **FLEX**

# EMMA PAVELEY

**Emma Paveley won  
Britain's only medal**

at the Arnold Classic in Columbus, Ohio, when she took silver in fitness. It continued Paveley's hot streak in which she has claimed bronze at the World and European Championships and gold at the British Championships, all in the last 12 months. At just 23 years old, she looks sure to join fellow Brit Kizzy Vaines in the IFBB pro ranks soon. **FLEX**

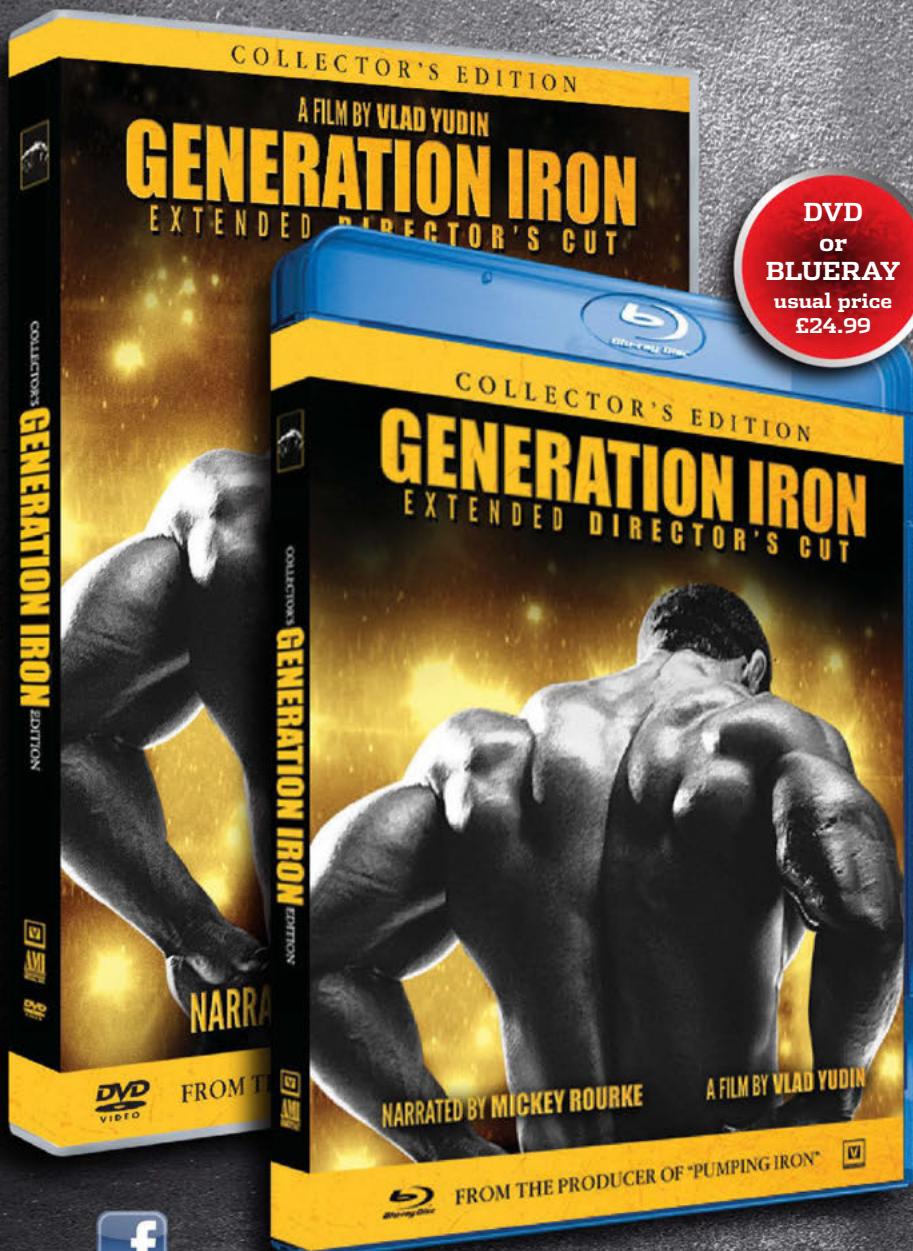
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# THE SHOT



## ARNOLD SCHWARZENEGGER

### PEAK MEASUREMENTS

Height	6'2"
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Waist	34"
Thighs	27"
Calves	20"

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